Mental Health

Your mental health, which includes how you think, act and feel, plays a huge role in your overall health and wellness.

While mental health includes mental illness, the two terms aren’t interchangeable.

1 in 5 American adults experience mental illness in any given year.

Approximately 45% of U.S. adults believe the pandemic has negatively affected their mental health.

Nearly 60% of Americans experience daily stress and anxiety due to the COVID-19 pandemic.

The most common signs of poor mental health include:

- Feelings of anxiety, depression, irritability, restlessness or anger
- Trouble sleeping or fatigue
- Difficulty concentrating
- Change in appetite
- Social withdrawal

How can I improve my mental health?

- Use healthy coping mechanisms like exercise and meditation to deal with stress.
- Get a good night’s sleep.
- Avoid caffeine, as this stimulant can worsen your stress.
- Listen to relaxing music to help you calm down.
- Practice self-care and make time for yourself.