

# Foundations for Optimum Mental Health



## MOVEMENT

Even a 10-minute walk daily has a positive effect on our mental health!



## NEWS & SOCIAL MEDIA

It is well documented that lengthy social media use and watching the news can lead to low-quality sleep and harm mental health. It has been linked with depression, anxiety, and low self-esteem.



## NUTRITION

Paying attention to the effects some food may have on us can help our mental health and energy. For example, although many of us LOVE carbohydrates, some of us may notice an increase of fatigue in the afternoon if we eat a lot of carbs during the day.



## WATER

*“Drinking enough water every day is good for overall health. As plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda. Drinking water can prevent dehydration, a condition that can cause unclear thinking, mood change, the body to overheat, constipation, and kidney stones...”*

– Centers for Disease Control and Prevention

Source: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

**We love this article about why drinking enough water is critical for our mental health and for the mental health of children and youth:**

<https://worksmartlivesmart.com/water-stress-mental-health/>



## SLEEP

Here's a helpful chart from Centers for Disease Control and Prevention about the recommended hours of sleep we should have per day based on our age:

### AGE GROUP

Newborn (0–3 months)

Infant (4–12 months)

Toddler (1–2 years)

Preschool (3–5 years)

School Age (6–12 years)

Teen (13–18 years)

Adult (18–60 years)

Adults (61–64 years)

Seniors (65 years and older)

### RECOMMENDED HOURS OF SLEEP PER DAY

14–17 hours (National Sleep Foundation)

12–16 hours per 24 hours (including naps)

11–14 hours per 24 hours (including naps)

10–13 hours per 24 hours (including naps)

9–12 hours per 24 hours

8–10 hours per 24 hours

7 or more hours per night

7–9 hours

7–8 hours

Source: [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)