



SUPPORT YOUR MENTAL HEALTH

CGO WELLNESS TEAM



PRACTICE GRATITUDE

Wake up and write down 5 things you are grateful for. Count your blessings - even the small things.

TAKE A WALK IN NATURE

Daily exercise supports our mental health by boosting happy neurotransmitters. Being in nature also helps reduce stress (cortisol) levels.

SHARE AN ACT OF KINDNESS

Write a note, donate, or bake cookies for someone. Not only does it improve the mood of the recipient, it benefits you as well.

SMILE

A simple smile can go a long way. You can easily brighten up someone's day with your smile.

REACH OUT TO SOMEONE

Phone a friend or text a loved one. Maintaining social connections is so important!

MEDITATE

Meditate - Even 5 minutes in the morning or before bed can lower stress levels and blood pressure.

RISE EARLY TO TAKE IN MORNING LIGHT

Exposure to sunlight in the morning helps regulate our circadian rhythm for sleep. Quality sleep is crucial for our mood.

ADD COZY TOUCHES TO YOUR HOME

Get cozy and comfortable. Make your house warm and inviting for you - not just your guests!