

Boosting Your Daily Mental Health

Mental Health Awareness Month, observed every May, is a time to raise awareness and break the stigma about mental health, and support people with mental illness. In fact, more than half of adults in the United States will be diagnosed with a mental illness—a variety of conditions that affect one's mood, behavior, feelings or thinking—at some point in their life.

Mental health plays a huge role in your overall health and well-being. It affects everything, including how you think, feel and act, and helps determine how you make healthy choices and cope with stress. Because it's such a crucial component of your wellness, focusing on maintaining or improving your mental health is important. Here are five ways to boost or prioritize your mental health every day:

Express gratitude. Taking five minutes daily to write down the things you are grateful for has been proven to lower stress levels and can help you achieve more cow or

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