



# Physical and Mental

Our physical health and mental health are deeply connected. Staying well physically helps us maintain good mental health.

Tips and resources for mental wellness from the Tri-County Board of Recovery and Mental Health Services. For more information specific to the coronavirus pandemic, go to [www.tcbmds.org/coronavirus](http://www.tcbmds.org/coronavirus)

## Important physical health tips

Some important tips for maintaining physical health include:

- Make time for exercise: yoga or stretching, biking or walking, video games that use body movement.
- Get regular and adequate sleep - 7-9 hours per night.
- Eat balanced meals, drink plenty of water, avoid alcohol and drugs.
- Work in the yard or garden.

Remember to pay attention to your physical health. For more information, including where to find professional help, go to [www.tcbmds.org/resources](http://www.tcbmds.org/resources)

