

Healthy ways to manage your mental health



Your mental health plays a key role in your overall well-being and quality of life, shaping how you think, feel, and act. Here are some simple ways to take care of yourself.



Reduce Screen Time

Spending too much time on screens has been linked to higher rates of depression and anxiety. Try to keep personal screen time under 2 hours a day.



Catch Your Breath

When you're feeling stressed or anxious, pausing to focus on your breathing can help you feel more calm and in control.



Listen to Music

Music can help you relax, boost motivation, and inspire creative thinking.



Ask for Help

First Stop Health offers confidential mental health support from therapists and doctors to get you the care you need, when you need it most.



Take the first step toward a happier, healthier you.
Reach out today!