

There are many different ways to foster and maintain mental health, however research consistently points to five ways that can help promote and support a healthy mind. We call these the Thrive 5, and they are simple ways to help you Thrive year-round!

You can thrive by...



1

Moving More

Adding activity to each day can help you manage stress and can boost your mood. Try some simple stretches, a quick walk, or even an impromptu dance party!

2

Sleeping Soundly

Getting enough quality sleep can help you tackle work, classes, and life's everyday challenges. Turn off your phone before bed and relax into a restful night's sleep!



3

Eating Well

Fueling up with nourishing foods is good for both your body and mind. Add an extra fruit or veggie to your day, or take time to eat breakfast.

4

Giving Back

Helping others can help you Thrive! Acts of kindness add to your sense of purpose, connection, and wellbeing.



5

Saying Hi

Community connection is key to maintaining mental health. Share a meal with loved ones, or reconnect with friends to help you Thrive!

We can all take steps to build and maintain our mental health. Sometimes, you may need support if you are struggling with a mental health problem or illness. Many resources are available for students, staff and faculty. Reach out if you need help.

