



The 4 Pillars of Mental Health



MIND

Pillar 1 **Reflect and Do**

Even brief moments of positive reflection can help us live with greater intention, ease stress, and bring a sense of calm to our busy days.



HEART

Pillar 2 **Talk and Feel**

Talking with a trusted colleague, friend, or family member can help lighten the load of stress, worries, or uncertainty.



BODY

Pillar 3 **Move and Be**

Taking time to listen to your body is important, and when we pause and practice mindfulness, our bodies often tell us what it needs.



SPIRIT

Pillar 4 **Choose Your Own Adventure**

Try something new—explore a creative activity, attend a class, visit a new place, or finally pick up that project you've been meaning to finish.