

Build Your Mental Health Stack



Prioritize high-quality sleep



Walk/Move Everyday



Eat, Play, Love

Nourishment Matters



DID YOU KNOW

Your mind and gut are tightly linked.

Study shows sleeping less than 6 hours of sleep a night caused 40% increase in cancers

Practicing breath work or meditation is proven to reduce cortisol, blood pressure, and anxiety

One thing I will do to invest in my mental health or personal wellness:

One thing I can change in my daily routine to create more time for family or friends: