



Improve your mental well-being with these tips from Mass General Brigham researchers

1

Talk to your doctor

Get help early on by communicating any mental health issues with your doctor. For major mental health problems, getting treatment earlier can result in better clinical outcomes.



Move your body

Regular exercise is critical for the brain and overall well-being. Set small goals for yourself – Any movement counts.

2

3

Try yoga or meditation

Practicing yoga or mindfulness meditation can reduce stress, promote emotional resilience, and improve attention. Research has shown that approximately one class of heated yoga per week could be a viable treatment option for patients with depression.



Mind your sleep

Getting sufficient hours of sleep is important to protect against depressive symptoms and poor metabolism. For women in midlife, we know that minimizing sleep interruption is also crucial.

4

5

Have compassion

Show yourself compassion in times of increased anxiety rather than beating yourself up. Remember that anxiety is a normal response and even patients responding to treatment will experience peaks in anxiety at times.



Mental health tips provided by the following investigators (in order, from top to bottom): 1. Amit Anand, MD (BWH), 2. Christian Webb, PhD (McLean), 3. Sara Lazar, PhD (MGH), 3. Maren Nyer, PhD (MGH), 4. Hadine Joffe, MD (BWH) and 5. Amanda Baker, PhD (MGH)

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