

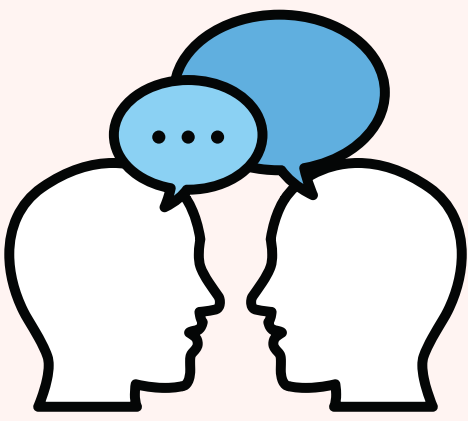
MAINTAINING YOUR MENTAL HEALTH IN PRISON

5 SELF-CARE TIPS



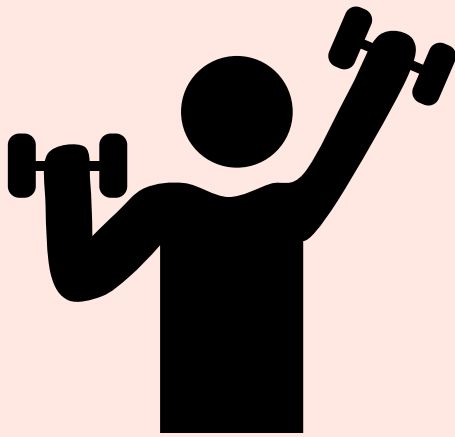
TAKE CARE OF YOURSELF

You are not alone. Take care of yourself. For example, read, and eat as healthily as you can. Feeling great is the starting point, even when you feel like you can't.



SHARE EXPERIENCE

Reach out when you feel lost. There are tons of resources out there, like this site, that can help you connect with others and guide you. Having someone to talk to, will help put things into perspective and help you find a solution or at least an understanding.



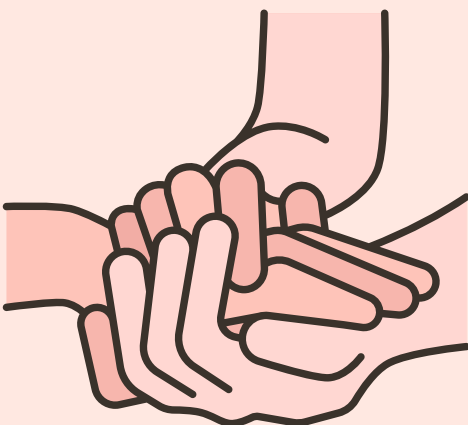
ACTIVE MIND AND BODY

Get moving. Get busy. An active body is a healthy mind. Research has shown that exercise keeps you mentally and physically fit. You can even learn a new skill like art or writing. It helps.



CHANGE YOUR MINDSET

Look at things positively and set goals for yourself. Relax, meditate, and change your outlook on life. Instead of finding a problem, find a solution. Find things you enjoy and build positive relationships.



CONNECT WITH LOVED ONES

It's hard to connect back with friends and family, but it is important for you and them. Allow them visitation, they are your biggest support. They care about your wellbeing.

READ MORE ON MAINTAINING YOUR HEALTH HERE:

[HTTPS://WWW.MENTALHEALTH.ORG.UK/EXPLORE-MENTAL-HEALTH/PUBLICATIONS/HOW-LOOK-AFTER-YOUR-MENTAL-HEALTH-PRISON#PARAGRAPH-18441](https://www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-prison#PARAGRAPH-18441)

[HTTPS://SITES.BU.EDU/DANIELLEROUSSEAU/2019/12/08/SELF-CARE-WITHIN-THE-PRISON-SYSTEM/](https://sites.bu.edu/daniellerousseau/2019/12/08/self-care-within-the-prison-system/)

CHECK OUT THE POST ON WHAT YOUR LOVED ONES CAN DO TO SUPPORT YOU!