Caring for Your Mental Health

Taking care of your mind is just as important as taking care of your body. **Mental health** is how you think, feel, and deal with the stress of everyday life (Centers for Disease Control and Prevention [CDC], 2025a).

Mental Well-Being Scale:

Mental health is not simply "good" or "bad." Mental well-being changes throughout life. Stress, life events, sleep, eating habits, how supported you feel, and several other factors affect where on the scale you fall on a given day.



Self Check-In

- How is my day going?
- How does my body feel?
- Is it easy or hard to do my usual routine?
- Do I feel safe?
- Do I need help today?

Support Your Mental Health:

Talk to someone you trust.



Spend time outside.



Fuel your body with nutrition.



Sleep 7–9 hours each night.



Do something you enjoy.



If you or someone you know is experiencing a mental health crisis or emergency, please call 988 or 911 or visit your nearest emergency department.

Emma Eccles Jones College of Education & Human Services
Institute for Disability Research, Policy & Practice
UtahStateUniversity.

MENTAL HEALTH
& INTELLECTUAL/DEVELOPMENTAL DISABILITIES

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