

# MENTAL HYGIENE

## It's like a toothbrush for your brain

Just like we brush our teeth every day for our dental health, we need to do small things every day for our mental health! Mental hygiene refers to daily activities that support and maintain our mental health. Research shows that spending 10 minutes every day on certain activities has real and measurable benefits.

Here are some examples:



JOURNALING

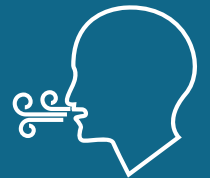
*Give yourself the gift of  
10 minutes each day to care for  
your mental hygiene –  
you deserve it!  
Your brain will love you too.*



GRATITUDE  
EXERCISES



GUIDED  
MEDITATION



MINDFUL  
BREATHING



MOVEMENT  
FOR WELLNESS



NATURE WALKS



For more information, tips and tricks on maintaining your mental hygiene, and a full list of expert-approved mental hygiene practices, visit [theroyal.ca](http://theroyal.ca)