

## **How To Improve Your Mental Health**

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### **Turn to Christ**

#### **Matthew 11:28**

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

### **Eliminate stress**

#### **Luke 10:41-42**

*“Martha, Martha,” the Lord answered, “you are worried and distracted by many things, but only one thing is needed. Mary has chosen what is better.”*

### **Release control**

#### **Matthew 6:34**

*“So don’t worry about tomorrow, for tomorrow will bring its own worries. Each day has enough trouble of its own.”*

### **Replace negative thoughts**

### **Don’t lose hope**

**As long as you have hope you have faith and  
if you have faith, faith can move mountains.**

#### **Psalm 27:13**

*“I am confident I will see the goodness of the Lord while I am here in the land of the living.”*