



Everyone needs to look after their mental health, just as they look after their physical health. Practice habits to develop mindfulness and to maintain a healthy mind.

Talk to your doctor about seeing a mental health professional if negative or destructive thoughts and feelings begin to impact your daily life.

## Strategies for Mental Wellness

- Keep a journal
- Talk to a friend or loved one
- Practice meditation
- Do a fun activity
- Take a walk in nature
- Attend social gatherings
- Go to a house of worship, if you are religious

## Mental Disorders More Commonly Diagnosed in Women:

- Major Depression
- Anxiety Disorders
- Mood Disorders
- Anorexia and Bulimia Nervosa
- Post-Traumatic Stress Disorder\*

\*Women are much more likely than men to be the victims of sexual assault and domestic violence. Speak to your doctor about any trauma you have experienced. Speaking to a doctor does NOT mean you must tell the police or go to court.

Avoid destructive coping mechanisms, like drinking heavily, doing drugs, or shopping as “retail therapy”.

When it comes to mental health, the most valuable tool anyone has is communication. Keep an open line of communication with your friends, family, and community members.

At Madison Health & Wellness Center, we strive to be your place to find both expert medical care and a listening ear.



Please visit us in person or online.

**MHWC Well Women 2025**

