



NOURISH YOUR MIND: CARING FOR YOUR MENTAL ENERGY



► PROTECT YOUR MENTAL INPUTS

Your brain absorbs more than food — it absorbs conversations, media, and information. Choose content that informs and uplifts rather than overwhelms. Reducing negative input can improve focus and mood.

► CREATE SPACE FOR QUIET

Mental clarity requires intentional pauses. Even a few minutes of silence, slow breathing, or stepping away from screens can help your brain reset and recharge. Creating small pockets of quiet throughout your day supports focus, lowers stress, and restores mental energy.



► STIMULATE YOUR CURIOSITY

Learning something new — whether it's a skill, hobby, or topic you've always wondered about — strengthens cognitive flexibility and builds confidence. Engaging your curiosity keeps your mind active, sharp, and open to growth in meaningful ways.



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► REST YOUR THINKING BRAIN

Constant multitasking can drain mental energy and make it harder to concentrate. When possible, focus on one task at a time and allow yourself to fully complete it. Slowing down improves clarity, reduces overwhelm, and supports better decision-making.

► STRENGTHEN CONNECTIONS

Healthy relationships play a powerful role in mental well-being. Spending time with people who listen, encourage, and respect your boundaries strengthens emotional resilience and reminds you that you don't have to navigate challenges alone.



► CHECK IN WITH YOURSELF

Mental nourishment includes awareness. Pause occasionally to ask how you're feeling and what you need. Small adjustments can prevent burnout before it builds.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.