

Mental Health America’s **More Good Days, Together** campaign reminds us that a “good day” can look different for everyone. A good day doesn’t have to mean being happy or getting everything done. Sometimes, a good day is just one that feels calm, comfortable, or manageable.

Here are some ways we can start having more good days together:

## 1. Decide what “good” means to you

Take a moment to think about this question: *“What does a good day look like for me?”* Your answer might change over time, and that is okay.

- It’s okay if it feels hard to think about good days.
- You are not alone, and help is available.
- You can take a free, quick mental health check at [mhascreening.org](https://mhascreening.org).

## 2. Take care of your whole self

Your mental health and physical health are connected. When one is affected, the other is too. Things like sleep, stress, food, and relationships all play a role in how you feel.

Even though you can’t control everything, small actions can make a big difference.

- Drink enough water
- Get enough rest
- Move your body in ways you enjoy
- Spend time with people you trust

Also, listen to your body. Sometimes physical feelings, like headaches or tiredness, are your mind’s way of asking for help.

## 3. Work together for more good days

Having more good days is not something you have to do alone. Connecting with others can help you feel supported and less stressed.

Even small moments can help, like talking to a friend or checking in with someone you care about. Simple, honest conversations matter.

You can also help others by being part of your community and supporting mental health efforts. Learn more at [mhanational.org/become-an-advocate](https://mhanational.org/become-an-advocate).

## 4. Find what works for you

Mental health is different for everyone. What works for one person might not work for another—and that’s okay.

## *Together We Can Have More Good Days!*

TARA SOLOMON-SMITH – FAMILY & COMMUNITY WELLNESS AGENT

Take time to find what helps you feel good. This might include hobbies, relaxing, or being creative. Sometimes, we forget to take care of ourselves because we are busy helping others.

Remember, taking time for yourself is important too.

### **More Tools**

Visit [mhanational.org/may](https://mhanational.org/may) to find tools, ideas, and support for your mental health journey.

No matter how you are feeling right now:

- More good days are possible
- Help is available
- You are not alone

Let's make more good days happen—together. For more information, contact Tara Solomon-Smith, Family & Community Wellness Agent, at 620-244-3826 or [tsolomon@ksu.edu](mailto:tsolomon@ksu.edu).

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