

Your mental health matters

Ways to feel happier and be in a better mood



You may have days when you feel sad, nervous, stressed or angry. It is okay; everybody has feelings like this at times. But sometimes, it can be hard to make those feelings go away. If this happens to you, a doctor may be able to help. Your doctor can recommend a therapist or prescribe a medicine for you.

Molina provides behavioral health and substance use disorder (drug and alcohol) services to all members. If you need these services, call your primary care provider or Molina Member Services at **(888) 999-2404 (TTY: 711)**.

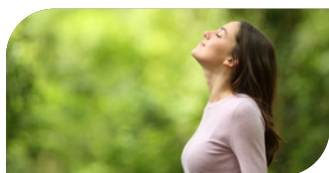
**Need immediate mental health help?
Dial 988 for free confidential help from the 24/7 National Suicide Lifeline.**

If you do not feel you need to see a doctor, there are things you can do on your own to help balance your mood. Try adding these steps to your day:

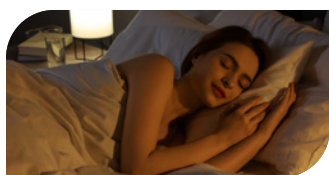


Exercise. Exercising tells your body to send out chemicals that make you feel happy. You do not have to do a lot of exercise to feel better. To get started, choose an exercise you like. This might be:

- Walking down the street
- Gardening
- Washing your car



Focus on your breathing. Try deep breathing exercises, like 4:4:8 breathing. To do this, breathe in for 4 counts, hold it for 4 counts, then breathe out for 8 counts. Focused breathing will lower your heart rate, which will calm your mind.



Get some rest. Sleep is very important for your physical and mental health. Try to get at least 7 to 8 hours of sleep every night.



Spend time with loved ones. Quality time with the ones you love most can help you feel happier. It doesn't have to be long if you are not feeling social. Take a few minutes to laugh, smile and talk with your support system.



Laugh! Laughing puts you in a lighter, happier mood. When you need a good laugh, call a friend, watch a funny movie, read a funny book or do whatever makes you chuckle.



Therapy. Sometimes problems can seem overwhelming. In times like these, talking to a therapist can help.



Calm your mind. Try praying, meditating, or doing yoga. Going to religious services may also help.



Try something creative, like painting. Creative hobbies allow you to direct nervous energy into something fun and fulfilling. Painting is relaxing and allows you to refocus your thoughts. So grab some brushes, paint and a canvas or piece of paper and paint away!



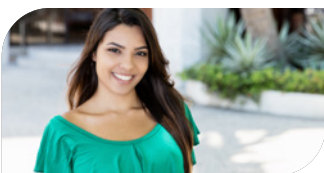
Do some reading. Try picking up a short story or novel! This is a relaxing way to take your attention away from what is making you stressed or unhappy.



Take a bath. A 15-minute bath can go a long way in calming your mind and stressful thoughts. Add essential oils like peppermint or lavender to your bath to help you relax.



Listen to music. Listen to relaxing music or music that makes you happy.



Look at the color green. That might sound odd, but research shows that colors can affect your mind. The color green has been found to help people feel calm and relaxed. So when you are feeling stressed, step outside and look at green trees and plants or wear a piece of green clothing.



We're here for you!

If you keep feeling sad, nervous, stressed or angry, please call your doctor. You may have more serious concerns like depression or anxiety. Your doctor can help. You can also call our 24-Hour Nurse Line at **(888) 275-8750** or in Espanol at **(866) 648-3537 (TTY:711)**. We want to help you!