



Mental Well-being Matters

# Play.

Do something that makes your heart sing today. Dance in your kitchen. Tell silly jokes and giggle with a friend or family. Watch the birds. Play a game. Build a snowman. Fly a kite. Enter a contest. Do something you have never done before. Research shows that taking time to play a little every day promotes and protects mental well-being.

## ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at [health.state.mn.us/people/mentalhealth.html](https://health.state.mn.us/people/mentalhealth.html)
- **Crisis Text Line:** Text 'MN' to 741741 to receive support for any crisis, 24/7
- **National Suicide Prevention Lifeline:** 1-800-273-8255

#StayConnectedMN

