

# Download Managing Your Mental Health Stress Free Plus

Having poor overall health can make recovery harder. Finding ways to take care of your health can aid your recovery and help you feel better. Get routine check-ups and visit your doctor when you're not feeling well. PESI is the leader in continuing education seminars, conferences, in-house training, webcasts and products for mental health professionals. Featuring the world's leading experts, PESI continuing education provides practical strategies, treatment techniques and interventions that will improve client outcomes. PESI is an accredited provider of CE by numerous accrediting agencies including the ...Sleep and mental health are closely connected. Sleep deprivation affects your psychological state and mental health. And those with mental health problems are more likely to have insomnia or other sleep disorders. HOW SLEEP HELPS Sleep may seem like a waste of time. You could instead be answering e-mail, doing the dishes, repairing the deck or decking the halls. But research shows that you're more likely to succeed at your tasks—and enjoy greater well-being—if you get some serious shuteye.