



# TOP THREE WAYS to Promote Wellness

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## 1. Follow a Healthy Lifestyle.

- Don't smoke or use addictive substances.
- Limit alcohol intake.
- Eat healthy foods and exercise regularly.
- Monitor your weight, blood pressure, sleep patterns, and other important health indicators.

## 2. Work with a Primary Care Doctor.

- Communication between people with mental health problems, mental health professionals, and primary care providers is *essential*.
- See a primary care physician regularly (at least twice a year).

## 3. Ask Questions!

- Know about medications or alternative treatments.
- Review and act on results of check-ups and health screenings.
- Monitor existing and/or new symptoms.
- Speak up about ANY concerns or doubts.

A recent report has found that people with mental illnesses die decades earlier than the general population\*. **You can change this!**

*\*Measurement of Health Status for People with Serious Mental Illness, NASMHPD (2008).*

### The 10x10 Wellness Campaign

To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 years.

To find out more about the 10x10 Wellness Campaign, visit <http://www.10x10.samhsa.gov>.

### For information, contact:

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