

May

# Mental Health

## What is Mental Health?



### Impacts

how we

Think  
Feel  
Act  
Handle Stress  
Relate to Peers  
Make Choices

### Sources

could be

Biological  
Life Experiences  
Family History

### Comprised

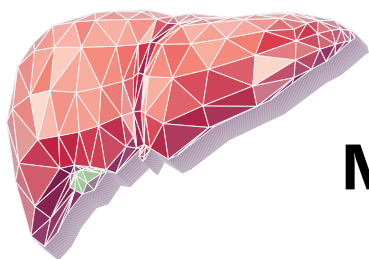
of

Emotional,  
Psychological, &  
Social  
Well-Being

### Positivity

helps you

Cope with Stress  
Work Productively  
Realize Potential  
Contribute



## Mental Health And Your Liver

Chronic liver disease can lead to increased toxins in the body and lowered energy levels, which can cause "brain fog" and harm patients' mental health.

Changes in mental state can be due to liver disease. Symptoms include changes in mood, altered sleep patterns, confusion, and drowsiness



### Doctor's Tip

Patient's with chronic illnesses are more likely to suffer from depression and anxiety. These are both treatable conditions. - Dr. Bianca Chang, University of Chicago



LIVE FIT. LIVER FIT.

**GET FIT** >>

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>