

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

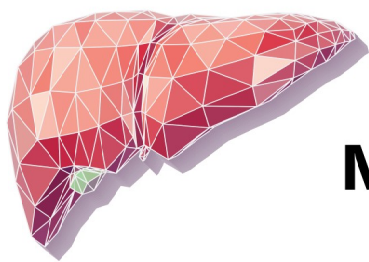
of

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>