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Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health.

Here are 10 ways to improve your mental health!

1. Get enough sleep.

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least eight hours of sleep.

2. Exercise.

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

3. Open up to someone.

Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.

4. Be mindful.

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present, and to focus on the "now."

5. Deal with stress.

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.

6. Be grateful.

Notice the things you are thankful for in your everyday life. Regularly reflect on, and feel grateful for, each of these things.

7. Eat healthy.

Research shows that eating healthy foods like fish, fruits, and vegetables will help keep your body and your mind healthy and strong.

8. Help someone else.

Helping others has been shown to reduce stress and improve your mental health. It also just makes you feel good.

9. Reflect.

Put your phone away, turn off the TV, and take some time every day to rest, relax, and reflect. You might also try writing your thoughts in a journal.

10. Reach out for help.

Just like with physical health, we sometimes need the help of a professional to be at our best. If you'd like to feel better, talk to a counselor, advisor, or your family doctor.

Taking care of your mental health is important, and needing help isn't a sign of weakness. If you need help or just need to talk, you can contact the Crisis Text Line by texting HOME to 741741.



VIDEO

For more, watch this quick video!