Daily Habits to Boost your Mental Health

Tip #1

Implement some form of body movement that you enjoy and is sustainable for your lifestyle. Serotonin levels, endorphins and stress levels change with exercise.

Tip #2

Practice self-compassion. Understand that everyone needs a break and extend this reminder to yourself when you take yours.

Tip #3

Cut back on social media. Having access to a large array of people's lives (or what they allow you to see) can lead to increased comparison and low self-worth.

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Tip #4

Track your water consumption to ensure you're staying hydrated. It is important to drink at least 2.7 liters of water every day.

Tip #5

Practice smiling more often. The act of smiling itself is scientifically proven to release dopamine and lower heart rates.

Tip #6

Take a few minutes every morning in the quiet to focus on the day ahead of you with gratitude for your opportunities.

Tip #7

Pick one day a week as a designated personal care day. Spend the day doing things that make you feel good and not obligations.

Tip #8

When you're feeling down, try to keep moving. It is easier to keep your mind off of things that are making you feel sad when you are distracted.

Tip #9

Try to start focusing on solutions rather than problems.

Tip #10

Challenge your thoughts. Ask yourself if they are based in reality or if they are based in your negative bias.

Tip #11

Start keeping a thoughts journal. Getting your frustrations out helps you to better process them. You can also use this to track your moods.

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Easterseals MORC has many free downloadable resources like this one available for the community.

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To access more free resources or learn more about us, please visit _www.EastersealsMORC.org_.

Sources

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