

Everyday Mental Health Tips

Here are 10 simple ways to keep your mental health in check:

Tip #1: Practice Self-Care

Self-care is all about taking care of yourself. It means taking time out to do activities that are important for your physical and mental health. Spending time on yourself isn't selfish and should be a part of your weekly routine — no matter how busy you are. Eat right, go to bed a little earlier, do some yoga, grab a cup of coffee solo; it looks different for each person. Find what works for you to feel your best.



Tip #2: Get High-Quality Sleep

Sleep is essential for both optimum physical and mental health. Not only does your body repair itself while you sleep, but it also helps you feel refreshed to focus and concentrate. Chronic lack of sleep is tied to an increased risk of heart disease, diabetes, kidney disease, high blood pressure, and stroke.

Tip #3: Keep Stress in Check

Too much stress wears the body and the mind down. If you find yourself constantly stressed, your body will act as though it's in constant "fight or flight mode" which can cause a variety of health issues. Chronic stress weakens the immune system and can cause fatigue and issues like depression and anxiety. Find ways to wind down at the end of each day and to blow off steam when you feel stress building up.

Tip #4: Move Your Body

Exercise is helpful for a variety of bodily functions and can keep you feeling well mentally and physically. Moving regularly increases your body's heart rate and releases "feel-good neurotransmitters" called endorphins. Whether you love dancing, skiing, skating, kickboxing, or running, moving your body daily can help you feel mentally strong.

Tip #5: Enjoy Nature's Vitamin D

Vitamin D is responsible for keeping your immune system strong. Research also shows it plays a crucial role in elevating mood, too. Your skin processes vitamin D from the sun's rays, but if you're deficient — or live in a place with little sun — you may need to take a supplement as well. Spending time outdoors is also known to improve mood and conditions like anxiety and depression.

Tip #6: Find Hobbies

Hobbies are a great way to meet new people and learn new things about yourself. Exploring hobbies can improve your social interactions, which can in turn improve your mood. Hobbies also give you a purpose outside of work and can be done simply for pleasure and are often quite rewarding. You don't need to pick up expensive hobbies, either. Reading, knitting, creating music, gardening, and other similar activities can be relatively low-cost and enjoyable.

Tip #7: Drink Plenty of Water

Consuming enough water is an essential part of living well. If you aren't drinking enough water, you may feel sluggish and experience brain fog, which can have an impact on your mood. Keep water with you and drink regularly throughout the day to keep your energy levels up and your body feeling its best.

Tip #8: Practice Gratitude

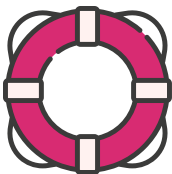
At the end of each day, think about 3 things you're grateful for. Reflect on those 3 things or write them down. It could be as simple as having a bed to sleep in or a beautiful, sunny day.

Tip #9: Laugh

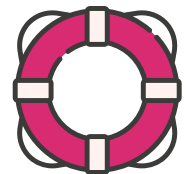
Laughter is always the best medicine. If you're feeling stressed out or down, find a way to laugh. You can call up your funniest friend, watch a comedy, or look up your favorite comedian on YouTube. When you're feeling crummy, a good laugh can be therapeutic.

Tip #10: Ask For Help

If you're struggling, ask for help. It can be difficult to do so for fear of judgment, but asking for help takes courage. It also means you're a step closer to getting the proper mental health help you need. You can research mental health resources online, talk to your primary doctor, or even search for mental health counselors in your area. You'll find some free resources below, too.



Need to Talk to Someone?



If you're struggling through a difficult time, help is available. Below are free or reduced-cost mental health resources.

NAMI HelpLine – Call 1-800-950-6264 Monday through Friday (10 am–6 pm, ET) or email info@nami.org to get support or free resources.

National Suicide Prevention Lifeline – Call 800-273-8255 right away if you or someone you know is in crisis.

Crisis Text Line – Text NAMI to 741-741 for free 24/7 access to a trained crisis counselor.

National Domestic Violence Hotline – Call 800-799-7233 for help 24/7. You'll be connected with a trained expert advocate who can get you resources and information confidentially.

Therapy Aid Coalition – This resource offers free and low-cost therapy options for essential workers and their family members.