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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 grateful

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

5. Help someone else

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

6. 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.”

7. Eat healthy

Food fuels your body’s health, including your brain. Research shows that nutrients found in health foods like fish, fruits, and vegetables can improve your brain function.

8. 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.

9. Reflect

Put the 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 is not a sign of weakness. If you need help or just need to talk, contact the Crisis Text line by texting START to 741741.