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5 Habits to Help Improve Your Mental Health

Carolina Wellness Psychiatry, PLLC › Blog › 5 Habits to Help Improve Your Mental Health

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Our lives are often busy and full of stress day in and day out. If you've ever experienced times of high anxiety, you know how much it can affect not only your physical health, but also your mental health. Finding ways to keep yourself calm and relaxed can help keep stress from taking over your life.

At Carolina Wellness Psychiatry, our team of highly trained doctors are ready to help you cope with life when it gets too much for you to handle.

Why is good mental health important

Good mental health is important in your everyday life because it encompasses how you think, feel, and interact with others. It can also determine how you handle difficult situations. When you don't take care of your mind, things can spiral out of control, causing problems in all aspects of your life.

If you have no outlet for constant physical and/or emotional stress, several conditions may result, including:

- Anxiety
- Depression
- Mood disorders
- Eating disorders
- Behavioral problems
- Substance abuse

Finding healthy ways to keep your spirits up and stay positive can have a huge impact on your overall wellbeing.

5 habits to help you improve your mental health

Sleep is important because it allows your body to rest and your mind to reset. Sleep also has the ability to affect your mood. If you aren't allowing yourself to get plenty of rest at night, you can easily become irritable, and your physical health may deteriorate along with your mental wellbeing.

2. Eat healthy and exercise

Eating properly is important for many reasons, but did you know it can really impact you mentally? By eating healthy foods that are full of vital nutrients, you increase your overall wellbeing and decrease anxiety and stress. Exercise goes hand-in-hand with eating healthy, as it can also improve your overall mood and fight anxiety and depression by releasing the feel-good hormones serotonin and dopamine.

3. Find a connection with others

Social interaction is a very big part of being human. It allows you to connect with people of all kinds on many different levels. Forming connections with others, whether it's family or friends, can help you combat the stressors that creep up on you daily. You can even stretch outside of your normal circle and get involved in the community or volunteer to help boost your mood.

4. Relaxation techniques

Over time, stress can build in your body and wreak havoc on your mind. One of the best ways to fight this is by training your mind actively to relax. This decreases stress levels, lowers blood pressure, and reduces muscle tension. There are several different relaxation techniques that our doctors may recommend, including:

- Progressive relaxation
- Guided imagery
- Biofeedback
- Self-hypnosis
- Deep breathing

Another great relaxation technique is meditation. Meditation takes practice, but it's a very powerful tool in combating difficult or trying times in your life.

5. Practice gratitude and stay positive

Remembering that you have things to be thankful for in your life is just as important as eating healthy and exercising. Gratitude is an amazing way to have a positive mindset when life is getting you down. Set some time aside each day to think about the positives in your life, and write them down so you can refer back to them. Having a positive outlook on life, even in your darkest moments, can help your mental health immensely.

By following these tips, you're a huge step ahead of the stress that can try to bog you down every day. However, if you ever find yourself struggling through life and are feeling depressed, seek help immediately. Asking for help is not only a means to avoid depression or self-harm, but it's also a positive, because it means there's someone there to take your hand and lead you to the light. We understand how important that is, and we're here to help.

If you're struggling with life and having a hard time coping, contact our office at 919-446-3232 or use our online booking tool.
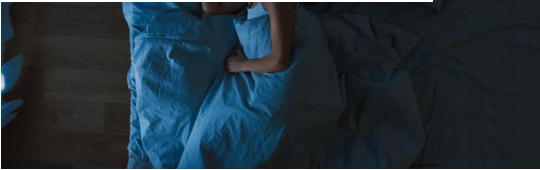
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