

## MENTAL HEALTH TIPS

### *Self Care*

1. **Practice self-compassion.** Speak kindly to yourself - Whenever you say or think something negative about yourself, ask yourself - 'would I talk like that to my loved ones'
2. **Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.
3. **Be Nice to Yourself:** When you are feeling down, it is easy to be hard on yourself. While you might not be of the mind to congratulate or compliment yourself, try being compassionate.
4. **Give yourself some rewards or treats** after a tough day or when you have achieved something.
5. **Value yourself.** Treat yourself with kindness and respect, and avoid self-criticism.
6. **Learn to say No.** Whether it is at work, at home or with friends, learn to say no to avoid overload and burnout. Prioritize what's most important and be firm in declining additional things that could cause your mental well being.
7. **Feeling stressed? Smile.** It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

### *Relationship*

1. **Show some love to someone in your life.** Close, quality, relationships are key for a happy, healthy life.
2. **Do something with friends and family** - have a cookout, go to a park, or play a game.
3. **Helping others** helps us feel good about ourselves. It is also a good way to meet other people and learn new skills.
4. **Send a thank you note** - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.

### *Physical Health*

1. **Take 30 minutes to go for a walk in nature** - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

2. **Breathe Deep:** Just try it. Take in a nice slow breath. Start from your belly; expand through your ribs, chest, and lungs. Breathe out just as slowly. Counting can help ("1, 2, 3, 4, 5 ...") Repeat.
3. **Proper Diet.** Eat at regular times and maintain a healthy diet.
4. **Have a proper sleep schedule.** Take proper 8-10 sleep each night for better productivity and a healthy body.
5. **Exercise.** Regular exercise can help you to be fit and help decrease depression and anxiety and improve moods.
6. **Relaxation exercises** can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calmer.

### *Wellness*

1. **Experiment** with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
2. **Take time to laugh.** Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
3. **Go off the grid.** Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
4. **Practice forgiveness** - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.
5. **Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.
6. **Participate in new activities.** Do things that make you feel happy, productive, and challenge your creativity.
7. **Take Small Steps:** If you try to do everything at once, you will probably get nowhere. Set goals, and then draw that dotted line from point A to B to C. Stop and rest along the way. You will thank yourself for it.
8. **Take regular breaks.** To reduce stress, structure your days, take regular breaks and adapt your routine to current situations.

9. **Accept who you are.** When you feel down, you might become hard on yourself, but valuing yourself is really important to cope with bad mental health. We should treat ourselves with kindness and respect.
10. **Avoid Comparison.** Each individual is unique and has their own set of struggles. Instead of comparing yourself with them, try to incorporate all the positive things from their personality and work.

### ***Thinking Patterns***

1. **Reframe your negative and unhelpful thoughts.** (What if I am not good enough > I am willing to take this as a challenge. What if I make it?)
2. **Be in the present.** If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.
3. **See your failure as your teacher.** See what it is trying to teach you. Learn and apply it next time to overcome all the hurdles.

### ***Miscellaneous***

1. **Get help when you need it:** Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective.
2. Separate personal and professional activities to maintain efficiency and work life balance.
3. Limit the time you spend watching news to maintain a healthy piece of mind.
4. Put on the music and dance like no one is watching.
5. Read a few pages of a book everyday.
6. Keep your electronic devices out of your room when you go to sleep.
7. Follow no electronic devices for 30 minutes before going to bed.
8. Express your feelings and thoughts to your family or someone you trust.