Mental Health Self-Care Practices You Can Start Today

Happy self-love month! Yes, January was officially deemed self-love month, a month dedicated to caring and loving the person who will never leave your side- you! Many of us find it incredibly easy to love on the people around us, but end up struggling to find ways to love ourselves.

Forgetting to love yourself can lead to a slew of struggles, like issues with:

* Relationships
* Confidence
* Boundaries
* Mental health

This month, focus on loving YOU, because you deserve it. Don't know where to begin? Here are mental health self-care practices you can start today!

# Incorporating Mindfulness into Your Day

Mindful practices like mindful breathing, journaling, and meditation force you to slow down, which allows your mind a desperately needed rest. This break granted to your mind can offer tons of [mental health benefits](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4895748/#:~:text=In%20meditation%2C%20the%20feedback%20loop,life%20and%20improves%20overall%20health.), like:

* Promoting clarity and focus
* Decreased feelings of stress, anxiety, and depression
* Improved cognitive functioning
* Pain reduction

### Establishing Healthy Boundaries

Yes, it can be difficult for many of us, but setting boundaries is crucial to self-care. Develop clear boundaries, communicate them clearly, learn to say no, and prioritize activities that bring peace, joy, and health.

### Move Your Body

Not only does physical activity benefit your physical wellbeing, but also your mental health. Engaging in regular exercise releases mood-boosting hormones, like endorphins, and can leave you feeling happier, more confident, and healthier. This movement can include a brisk walk, yoga practice, or weightlifting. The options are endless.

### Positive Affirmations

Many of us are our own worst critic. Despite what you may have heard, self-deprecation is not doing you any favors. Speaking positively about yourself, like you do when practicing positive affirmations, can build and strengthen positive beliefs about yourself, granting you the confidence you need to grow.

### Build a Healthy Support System

Nurturing positive connections with friends, family, or support groups is vital for [mental health](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5633215/). Surround yourself with people who uplift you. Share your struggles, goals, and rants with trusted individuals. When you need it, seek professional therapy. Building a strong support network, regardless of its appearance, enriches your sense of belonging and contributes to living a high-quality life.

### Have Hobbies That Bring You Joy

Prioritize making time for activities that bring you joy, peace, and fulfillment. Doing so can provide a sense of accomplishment, contribute to a positive mindset, build self-confidence, and improve life satisfaction.

### Improve Your Sleep Hygiene

Quality sleep is fundamental to your overall wellbeing, including your mental health. Establish a consistent sleep routine, create a comfortable sleep environment, and prioritize getting enough rest each night. If you are struggling to sleep, talk to your doctor. When you don't get enough sleep, it can negatively impact your mood, cognitive function, and overall mental resilience.

### Digital Detox

Our devices and screens are full of an abundance of information, which can quickly become overwhelming. Constant exposure to screens and technology can contribute to feelings of stress and overwhelm. Schedule digital detoxes, allowing yourself time to unwind and be fully present.

### Seek Professional Support When Needed

While many of these practices are great options for caring for your mental health, few things beat seeking the help of a mental health professional.

We all experience mental health struggles. If you feel that your mental health is struggling, we are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today, and our caring and skilled therapists will be here to help you.

**References**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4895748/#:~:text=In%20meditation%2C%20the%20feedback%20loop,life%20and%20improves%20overall%20health>

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Keywords: confidence, self-care, mental health, self-esteem, therapy