

12 Practices for Maintaining Mental Health



keep a journal

Setting goals and reflecting on your feelings increase your awareness of your health. Asking yourself what triggers your anxiety, depression, or even gratitude and happiness can help you understand yourself better.



de-stress your diet

Nutrients & vitamins play a role in how you feel, both physically & mentally. Drink lots of water, and eat balanced meals. Dedicating time to eating, and appreciating where your food comes from, increases mindfulness, too.



press pause and schedule downtime

Give yourself permission to take a time out. Stepping back from a problem can give you a fresh point of view, and rest is needed for the mind as much as the body.



get enough sleep

The standard is 8 hours, but you do you—it might be less or more. Setting a schedule is key to your health and the best way to guarantee you get enough.



practice mindfulness

Take deep breaths—count to 10, or 20. Mindfulness takes practice, but you can start by focusing on your breathing, counting slowly



treat yo self

Take time to do little things that you enjoy just because they make you happy. It's good to reward and take time for yourself every day.



exercise & get outside

Even if it's just a brisk walk, or doing some stretches at work, exercise increases endorphins in your brain. Getting your heart pumping can help keep your mood balanced, and is good for your whole body as well.



limit alcohol & caffeine

They might feel good; but alcohol and caffeine dehydrate you, and put additional stress on your body. They make it harder to support clear thinking, especially if dealing with depression or anxiety.



cultivate & maintain a positive attitude

Learn to accept that you can't control everything. Seek out positive activities, and make a dedicated effort to replace negative thoughts with positive alternatives.



ask for and offer help

Altruism releases endorphins and helps you put things in perspective. Finding people with common goals creates a support network and helps you understand a shared humanity.



focus on your strengths

Do your best and be proud of what ever that is. Instead of perfection, focus on what you did well, what you like about yourself, and what you can do when future opportunities arise.



talk to someone

It's extra important when you feel overwhelmed, but getting in the habit of checking in with a doctor or a friend can help you notice if you need more help.