



# Tips to Improve Mental Health



## 1 Acknowledge your feelings

When we repress our feelings, we keep them stuck deep in our minds and they end up chipping away at us. Acknowledging and embracing our emotions are a healthy way to work through them.

## 2 Practice Positive Talk

We become what we believe and being positive towards ourselves is the biggest way to change negative mindsets. When we speak positivity, we tend to become it and that mindset becomes our new behaviors and thoughts.

## 3 Exercise

When we move our bodies and break a sweat, we enhance our wellbeing through the release of endorphins. Additionally, it improves our physical health and that can affect our mental health in a positive way.

## 5 Limit Screen Time

When we limit screen time, we have the chance to fully connect more with the people around us. We are also able to get away from any negativity we may see on social media and find that we are more productive when we break away from the screens.



## 7 Practice Gratitude

Practicing gratitude is proven to reduce depression, reduce anxiety, and relieve stress. In our brain, the amygdala and hippocampus are activated by feelings of gratitude. These parts of the brain regulate your bodily functions, emotions, and memory and why gratitude makes us feel so good.

## 4 Go Outside

Getting sunshine is a natural way to soak up Vitamin D, something that most people lack. The sun also helps trigger the brains release of serotonin and can help fight off depression and anxiety. Fresh air is also known to boost moods and give increased energy.

## 6 Get Enough Sleep

Getting enough sleep helps maintain cognitive skills, reduce stress, and improve your mood. Lack of sleep can contribute to emotional outbursts, increased depression, and increased anxiety.

## 8 Practice Breathing Exercises

Research has shown that our brain associates different emotions with different breathing patterns and when we practice breathing exercises, we are able to trick our brain into thinking we are in a different emotional state than we are. Try inhaling for four counts and then exhaling for eight counts to slow your heart rate down into a more calm pattern.

