

24 WAYS TO IMPROVE MENTAL HEALTH

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1. Meditate
2. Ask for help
3. Keep a journal
4. Try to be active
5. Be outside in nature
6. Talk to yourself kindly
7. Do something creative
8. Look on the bright side
9. Practice deep breathing
10. Do a task you're good at
11. Avoid social comparisons
12. Sleep and rest adequately
13. Make chores more fun to do
14. Watch something that uplifts you
15. Make a playlist of feel-good songs
16. Spend time with empowering people
17. Help others - especially those in need
18. Avoid multitasking and procrastination
19. Make a list of things you're thankful for
20. Improve your posture and body language
21. Eat nutritious food and drink lots of water
22. Remind yourself that you're doing your best
23. Take breaks off social media and your phone
24. Distance yourself from things that don't feel good

