10 Mental-health Boosting Habits

Higginbotham™

Amid the hustle and bustle of everyday life, mental health can be a critical concern for many Americans. Mental health plays a huge role in your overall health and well-being. It affects everything, including how you think, feel and act, and helps determine how you make healthy choices and cope with stress. Because it's such a crucial component of your wellness, focusing on maintaining or improving your mental health is important.

Here are 10 ways to boost or prioritize your mental health everyday:



Express gratitude.

Taking five minutes daily to write down the things you are grateful for can help you appreciate the small joys in life, shifting your perspective and improving your outlook.



Practice mindfulness.

Focus on the present moment for a few minutes each day, acknowledging your thoughts and feelings without judgment.



Get moving.

Engaging in regular physical activity for at least 30 minutes most days of the week can benefit brain function, reduce anxiety and improve self-image.



Eat healthily.

A balanced diet of fruits, vegetables, whole grains, lean proteins and healthy fats can fuel your body and mind.



Get a good night's sleep.

Fatigued individuals typically experience drowsiness; mood changes; loss of energy and appetite; headaches; and a lack of motivation, concentration and alertness.



Spend time outdoors.

Getting outside can greatly improve your mood. Regular access to nature has also been connected to a lower risk of depression and improved concentration.



Engage in hobbies.

Make time for activities that bring you joy and fulfillment. Hobbies can provide an outlet for creativity, reduce stress and foster a sense of accomplishment.



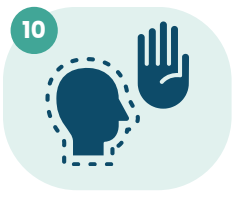
Limit screen time.

In today's digital age, spending excessive time glued to screens is easy, especially on social media. Set boundaries around your screen time, especially before bedtime.



Connect with others.

Meaningful connections with friends and family are essential for mental health resilience. Try to make time for face-to-face interactions, phone calls or video chats.



Set boundaries.

Healthy boundaries, such as saying no when necessary and prioritizing your own needs, are vital for preserving your mental health and preventing burnout.

By incorporating these habits into your routine, you can take proactive steps to boost your mental health. Remember, small changes can make a significant difference over time. Contact a primary care doctor or a mental health professional if you or a loved one needs mental health guidance.

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