

# MENTAL HEALTH WELLNESS TIPS

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## GET SOME SUN



Sunlight increases serotonin and vitamin D in the body to boost mood and improve circadian rhythms that promote better sleep.

Focus on the temperature of the water and what you can see, feel, smell, hear, and taste. The mindfulness practice of separating your emotional status from your cognitive experience is a great tool to reduce emotional reactivity.

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## SHOWER WITH MINDFULNESS



Get dressed well before lunch. Start the day with a full wardrobe including shoes. The behavior pattern of getting dressed triggers your brain to jump start your day.

3

## GET DRESSED IN THE MORNING



Sensorial stimulation with cold water can break through dissociative feelings that often accompany anxiety and offer immediate relief from heightened cortisol levels.

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## GO GET A COLD DRINK



When we are emotionally reactive, we don't get enough oxygen in our body. Taking time to practice breathing in for 4 seconds, hold for 4 seconds, and out for 6 seconds lets us refocus and replenish our energy and oxygen. There are even mindfulness apps that have games to support better breathing patterns.

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## TRY DEEP BREATHING



Focus on someone outside of yourself. Start a conversation and genuinely invest in getting to know someone else and their experiences. Not only do you get away from your own struggles, but you also open up to be able to connect with them in a way that may improve their life as well.

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## ASK QUESTIONS AND USE ACTIVE LISTENING



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## TAKE NOTICE OF THE WORLD AROUND YOU



Practicing mindfulness allows you to recognize that the world is bigger than you or your problems. It also allows you to remember there are people in your corner, blessings in your life, and new opportunities.

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## LEARN SOMETHING NEW

TIME FOR  
SOMETHING  
NEW!

This doesn't mean a new degree or a new language. It could be something new on your computer or phone. It could be learning about something your friends or kids are interested in. Something to make you connect with the outside world.

It is proven that you're less likely to be depressed when you are focusing on the blessings in your life. If you struggle to identify them, start with the basics of food, clothing, shelter, relationships, opportunities, etc.



## KEEP A GRATITUDE JOURNAL

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## EAT A HEALTHY MEAL



You don't have to grow it, you don't have to cook it. Give your body a chance to replenish its nutrients and have the right kind of fuel to fight for you when you don't have the strength to fight for yourself.

Remember that you are worth fighting for. Remind yourself what is worthy, valuable, successful, beautiful, and lovable about yourself.



## DEFINE YOUR VALUE

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## GIVE BACK



If you don't have the energy to invest in yourself, find someone to invest in. Spend your time or your money. Invest in something bigger than yourself and see how you are able to contribute to the world around you.

Find a team that will raise you up and support your journey. Find people who invest in you in healthy ways.



## SURROUND YOURSELF WITH GOOD PEOPLE

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## DEVELOP A SLEEP ROUTINE



Just like children, we need a sleep routine to set us up for successful sleep. We need to have 4-5 things that we do every night before bed that will signal our brain it is time for sleep. We need to be able to step away from devices and television and structure our bedtimes and rising times within an hour of the same time each day.