

5 WAYS TO MOVE TOWARD MENTAL WELLBEING



STRENGTHEN SOCIAL CONNECTIONS

WHO MATTERS TO YOU?

Having positive social relationships can have a major impact on your mental health, and overall mental wellbeing. It's important to note that it's not about the quantity of social connections, but the quality!



REDUCE STRESS

IT'S EASIER THAN YOU THINK

Everyone feels stress sometimes (it's a part of being human), but if you're feeling chronically stressed (that is, if you're feeling stressed consistently, over a long period of time), then you're really not doing yourself any favors. Chronic stress can lead to aches and pains, insomnia, bodily weakness, and unfocused thinking.



TRY TO STAY POSITIVE

BRIGHTEN YOUR OUTLOOK

"Looking on the bright side" does NOT magically cure mental unwellness - but it can help! While sometimes life just seems too overwhelming to try to look for the positives, research shows that taking just a few minutes out of your day to think about, or even write down, the things you feel grateful for can positively impact your mental wellbeing.



PROCESS YOUR EMOTIONS

IT'S OK TO ASK FOR HELP!

You might think this is a no-brainer, but so many people have trouble with processing their emotions, coming to terms with loss, and moving on. If you're still stuck on something that happened a while ago, it may be time to consider professional help. Therapy can do wonders!



LIVE IN THE MOMENT

JUST...BE

Practicing mindfulness, or being "in the moment" is a great way to move you toward mental wellbeing, and it also strengthens your relationships, and gives you vivid, meaningful memories. It's easy to get lost in your phone, but next time, just try to dedicate 30 minutes or so to just being with another person. You might be surprised at how good it feels.