

# IMPROVE YOUR MENTAL HEALTH: 10 THINGS YOU CAN DO RIGHT NOW

## 1 Get Enough (High-Quality) Sleep

Did you know that sleep deprivation is linked to depression, suicide and risk-taking behavior? Prioritize getting 7-9 hours a night.

Thyroid problems and vitamin D deficiencies are common culprits behind fatigue, depression and body pain. Make sure to attend your annual physical and get all the related lab work done!

## 2 Attend Your Annual Physical

## 3 See a Therapist

Going to the doctor for regular check-ups keeps our bodies healthy and attending mental health counseling sessions regularly keeps our minds healthy. Therapy is for everybody.

You probably have so many things going on in your life, it's no wonder if you can't focus solely on the moment all the time - but it is a skill that can be learned with mindfulness practices.

## 4 Live in the Moment

## 5 Drink More Water

When you don't drink enough water, you risk dehydration, which can have negative impacts on both your mood and physical health. Drinking more water can help a lot with your overall feelings of wellness!

If you feel like you never have time to get a workout in, you're in luck. Walking for 150 minutes per week - that's just 30 minutes a day for five days a week - can improve sleep and cognitive function and reduce anxiety symptoms.

## 6 Go On Daily Walks

## 7 Turn off Notifications on Your Phone

There's evidence linking push notifications to decreased productivity, poorer concentration and increased distraction. Turning them off can reduce stress and anxiety and give you a new sense of peace and freedom.

Toxic relationships can be "emotionally, physically, and mentally draining" and can leave you "feeling helpless, insecure, and traumatized."

## 8 Drop Toxic Relationships

## 9 Journal

Journaling has many benefits, including: Reducing stress and anxiety, improving memory, increasing self-confidence and helping you to achieve your goals.

Studies have shown that when you "take time to do activities that make you happy," it improves your mental health. It's important to make time for the things you love,

## 10 Make Time for the Things You Love