Tips for good mental health

Good mental health is more than just the absence of mental illness.

By practicing good mental health, people become more resilient and able to cope when their lives are riddled with stress and misfortune. Practicing good mental health habits before you feel distressed is like putting money in the bank for a ‘rainy day’, when a bad time then comes, you are more prepared.

1. Build relationships

Having good relationships with other people is the most important factor contributing to a sense of wellbeing. This can include family, friends, workmates and others in the community. Investing time and energy in your relationships can lead to great benefits for all involved.

2. Develop gratitude

Keep a gratitude journal & write down 3 positive things each day, they don’t have to be big, it is normally the small things that make the biggest difference, what’s good is that we see what we so often take for granted. Be grateful for the cool breeze on a hot day, or that someone makes you a cup of tea. This can lead to increased wellbeing.

3. Take care of your body

Taking care of yourself physically can improve your mental health. Be sure to eat nutritious meals, avoid cigarettes, drink plenty of water, exercise, get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in adolescents.

4. Identify and use your strengths

We all have different strengths and weaknesses but finding out what you are really good at and using those talents can increase wellbeing. If you struggle to identify your strengths, sit and do it with someone, you might be amazed by what others see in you that you may struggle to see in yourself.

5. Set realistic goals

Decide what you want to achieve academically, professionally & personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don’t over-schedule. You’ll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.

6. Contribute to goodness

Volunteer your time and energy to help someone else. You’ll feel good about doing something tangible to help someone in need — and it’s a great way to meet new people. A small act of kindness can go a long way in others as well as your own life. Sometimes kindness can be taking time to listen to someone, have a cup of tea and let them talk.

7. Learn how to deal with stress

Stress is part of life. Learn & practice some coping skills; meditation, exercise, play with your pet, write. Also, remember to see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

8. Get help when you need it

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives. 1 in 4 people have a mental health problem, you are not alone, don’t let fear stop you getting help.