Cultural Daily

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How to Improve Your Mental Health? 8 Ways to Improve Mental Wellbeing

Our Friends · Tuesday, January 7th, 2020

It is very important that we all look after our own mental health. Mental health is the individual overall psychological well-being; the way they feel about themselves and others as well as their ability to manage their feelings and deal with daily problems. Many people struggle with their mental health at some point in their life but some more than others. There are small changes and new habits that an individual can make that will help to keep them happy and mentally healthy. These new changes and habits can make a huge difference and can be easily incorporated into your daily life.

Here are 8 ways you can do to boost your mood, build resilience, and add to your overall enjoyment of life.

Exercise

Begin active isn't just good for our physical health but also critically important for our mental health and well begin. Exercise releases endorphins which help boost the mood. Going outdoors for a run, jog or even just a quick walk for 10 minutes a day to take some time to get some fresh air will lastingly improve your mental well-being.

Eat Well

There are strong links between what you eat and how you feel which means a diet that is good for your physical health is also beneficial for your mental health. The brain needs a mix of nutrients to stay healthy and function well so a healthy balanced diet must include: lots of different types of fruit and vegetables, wholegrain cereals or bread, nuts and seeds, dairy products and oily fish. Additionally, incorporating foods rich in probiotics, such as **fermented pickles**, can provide beneficial bacteria that support gut health and contribute to better mental well-being.You must eat at least three meals daily and drink plenty of water. You also must try to limit caffeine or sugar intake and avoid drinking alcohol.

Plenty of Sleep

Go to bed early, your body needs sleep. Sleep has so many benefits for both your physical health and your mental wellbeing as it helps to recover from mental as well as physical exertion. Turn your phone off and adjust the light, noise and temperature in your bedroom and go to bed earlier than what you usually would.

CBD oil

CBD has been shown in early studies to help relieve stress and anxiety by stimulating the neurotransmitter systems and neural regeneration and help restore balance to your Endocannabinoid system. It is a completely natural solution that can work effectively and quickly. CBD Oil is generally the most common way to consume CBD.

Connect with Friends/Keep in Touch

Connecting and keeping in touch with family and friends is the most important thing when it comes to improving your mental health. Having that close relationship with people whom you can confide and share your positive and negative emotions without the fear of being judged is definitely effective.

Express Gratitude/Mindfulness

We are all egocentric at times, we only can see the world from our own perspective. We think our worries and troubles are massive, therefore, once you learn to realize the scale of your problems, you will be able to practice gratitude. Practicing gratitude is finding pleasure from what is around you, it will change how you look at your life. So, expressing gratitude is the first step in cultivating better mental well-being. You can start that by journalling every day, writing down your daily gratitude, affirmations and your to do list, which will help both your memory and mental wellbeing.

Meditation is also really important. Your emotions, feelings and environment have a huge impact on your mental health. If your environment is full of negativity, it will then begin to transfer into other parts of your life. Therefore, mindfulness is all about taking a few minutes out of your day to relax, de-stress and forget about the world around you to reducing negativity.

Ask for Help

Asking for help and talking to others is one of the best things you can do to help yourself. You must remember that none of us are superhuman, sometimes we get exhausted or overwhelmed by our feelings or when things go wrong so talking will help to get them off your chest. Family and friends may be able to offer practical help or a listening ear, however you should consider getting help from your GP if things gets worse. Your GP may suggest ways to help you but also may refer you to a specialist or another part of the health service. However, if you don't have the courage to talk to someone yet – just write it all down.

Disconnect

Social media it's the biggest cause of bringing negativity to people's lives, you are always comparing your life with others and fearing of missing out. Simply log out of your social media, you don't need to be connected to the online world all day long. Try to focus on self-care, taking time to do the things you love like reading a book, playing with your pet, painting or even listening to music. By learning, you are opening your mind, enhancing your self- esteem and confidence which enables you to grown and change as an individual.

Let Go of Expectations

Some people are continuously surrounded by expectations and these expectations might hold them back or limit them from achieving their full potentials. Therefore, identifying the expectations that they and others have for themselves and begin breaking them down. You also must accept what you can't control because most of people worries are built upon things that they can't control. Therefore, once the individual realise that they can't control other people actions or bad events occurring, they will be more motivated to enjoy their life and experience new wonderful things.

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