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# WAYS TO IMPROVE YOUR MENTAL HEALTH

## 1. START WITH YOUR STRENGTH

What's your key character strength? It could be moving your body or learning something new. Each day, do something first thing that reflects your strength.

## 2. GET SOME SUN

Just 15 minutes in the sun each day increases your serotonin level, which helps boost your mood and promote healthier sleeping patterns.

## 3. RUN FREE

A single good workout can instantly change your attitude, make you feel stronger and lift your confidence. See if you can find that runner's high... it's a blissful feeling.

## 4. BE KIND TO YOU

Practice kindness by being nice to yourself. Stop categorising everything about yourself into what you love, and you hate. Embrace everything about who you are.

## 5. BREAK SOME BREAD

Sharing a meal with other people is a great way to boost your mental well-being. Bonding over a meal and relaxing in good company will shift your mood.

## 6. BE GRATEFUL

Every night before you go to sleep, write down three things you are grateful for. This will train your mind to look for life's wonders.

## 7. GO OFF THE GRID

Our minds are so overloaded with media and distractions that they never have time to rest. Take the ultimate challenge and turn your smartphone off for 3-7 days.

## 8. CHECK IN WITH NATURE

Doctors in Japan prescribe nature walks as therapy — 'forest bathing' has been proven to reduce blood pressure and increase pleasant feelings.

## 9. LET GO OF RESENTMENT

Holding on to past hurts and disappointments corrupts your future happiness. You can't move on to a brighter future if you cling to the past.

## 10. CATCH SOME ZZZZZs

The light that comes from your phone obstructs the production of melatonin, the hormone that helps you sleep. Make a rule to keep it away from your bedside.