

10 Tips to Support Your Mental Health



WORLD MENTAL HEALTH DAY

Monday, October 10, 2022

1. Keep Therapy Going

While it may be easier to miss an appointment or feel like nothing is “going on” that we need to talk about, therapeutic support can be helpful in maintaining recovery. Therapy can also be a safe space to explore what is going well for you and identify the reasons why.

2. Disconnect from Social Media

Set at least an hour each day to disconnect from your phone. Instead, read a book, play with your pet, explore outside, or move your body in a way that feels good to you.

3. Check Your Intentions

Before committing to or rejecting plans, check in with yourself. The purpose is to ensure your choices are moving you towards your goals and values and not away from them. Take the time you need to reflect before responding right away.

4. Be Mindfully Aware

Use your breath as a way to anchor into the present moment. Notice the air moving in and out of your lungs. If you become distracted, gently bring yourself back to the present moment by shifting your attention to your five senses.

5. Validate Yourself

Use an emotion wheel to choose a word that best describes the feeling (or feelings) you’re experiencing. Instead of judging what you feel, validate yourself by saying, “It makes sense I feel this emotion because I need or value _____.”

6. Maintain Boundaries

In a virtual world, it is easier than ever to continue working after our day has ended. Set a time limit to shut down the computer, tune into the people around you and take care of yourself.

7. Respect Your Body

You don’t have to love your body to respect it. Notice your body’s cues for nourishment, rest or movement and give yourself permission to honor your body’s messages whenever possible. Shift your focus to what your body can do for you whenever thoughts drift to shape, size, or appearance.

8. Celebrate Little Victories

Change usually happens gradually, so it can be hard to notice the small steps that moved you forward. Take note of the times when you experimented with a new behavior or faced a fear. Remembering these moments can build confidence and enhance motivation to keep going.

9. Accept Your Emotions

Judging our emotions can lead to secondary emotions of guilt, shame or embarrassment. Practice approaching your primary emotions with curiosity and compassion and allow them to rise and fall on their own.

10. Find Ways to Connect

Get creative with connection—set up a socially distanced picnic, organize a game night over Zoom or attend a virtual book club.



For more information, please visit:

www.renfrewcenter.com/worldmentalhealthday

#RenfrewRecharge

 @renfrewcenter