

# 15 tips to boost your mental health

## [Try these 15 tips to boost your mental health as part of your regular self-care](#)

- ❑ Take care of your body - Eat balanced, nutritious meals, stay hydrated, and cut out vices such as smoking.
- ❑ Maintain a peaceful mind - [Mind-body exercises and relaxation techniques](#) such as mindfulness and meditation can not only calm you down, they can also help make your outlook on life more positive.
- ❑ Get quality sleep - Practice [good sleeping habits](#) by getting enough sleep, keeping a regular bedtime, avoiding caffeine after noon, and turning off all the electronic screens in your home at least an hour before bed.
- ❑ Practice self-love - Be kind and respectful to yourself, and find time for activities you enjoy. Avoid constantly criticizing yourself, and remember, you are valuable.
- ❑ Write things down - Keep a gratitude journal and write down 3-5 things you are grateful for each day. When you're stressed, write down things that are stressing you out each day to help release your frustrations.
- ❑ Be social - Boost your mental health by making time to talk and interact with others in-person. The stronger your family and social connections, the more likely you are to be able to maintain positive mental health.
- ❑ Pay it forward - Volunteering gives you a chance to interact with other people and gives you something to feel good about. No time to volunteer? A small act of kindness or even a genuine compliment can make you feel as good as the person you're giving it to.
- ❑ Go off the grid - Spend time off your phone, computer, and all other electronics and enjoy some time in the present. Getting outdoors and spending time in nature is also a great mental health booster.
- ❑ Learn how to deal with stress - Knowing what stresses you out, avoiding those stressors, and acknowledging what you can and can't change are the first steps to successful stress management. Try keeping a stress log to help you identify what is causing you stress.

- ❑ Start your day with something you love - Set the mood for your day by doing something you love. Read a book, listen to music, and create a morning routine that helps you start the day off on the right foot.
- ❑ Learn to say no - Prioritize what's important and learn to say no to avoid overload and burnout.
- ❑ Give yourself confidence boosters - Set realistic goals and break down tasks, especially challenging ones, into smaller, more manageable steps. You'll feel a sense of achievement each time you complete a step and help boost your confidence.
- ❑ Find some meaning and purpose - Do things that make you happy. This could be starting your own small business, fostering kittens, or having weekly coffee with an elderly neighbor who lives alone.
- ❑ [Talk about your mental health](#) - If you're feeling your mental health isn't as good as it could be or that you could be living with a mental illness, it's important to speak with a professional. Being able to ask for help is a sign of strength, not weakness.
- ❑ Smile - Smiling can help you de-stress and calm down; it can even help lower your heart rate.

[Mental health services are covered](#) as an essential benefit under every Affordable Care Act health insurance plan. Try implementing one or all of these tips into your daily life to improve your mental health and life.