

HOW TO TAKE CARE OF YOUR MENTAL HEALTH?

KEEP A POSITIVE ATTITUDE:



Find a balance between positive and negative emotions: staying positive doesn't mean that you should never feel negative emotions, such as sadness or anger. You need to feel these emotion to get through difficult situations. For example, it doesn't help to keep thinking about bad things that happened to you in the past or to worry excessively about the future.



Take a **break from sources of negative information**

Try to **maintain positive emotions**



Avoid negatively comparing your life with that of others

PRACTICE GRATITUDE DAILY



We should all try to remind ourselves on a daily basis of the good things that happen to us every day, whether these are big things, such as the support provided to you by your loved ones, or small things, such as enjoying a tasty meal. It is important to reflect on any positive experiences that you have had.

TAKE CARE OF YOUR PHYSICAL HEALTH

Physical and mental health are connected.
Some ways to take care of your physical health:



Being physically active

Sleeping enough



Eating healthy

CONNECT WITH OTHERS

Having a good level of social support can help protect you from the harm caused by stress. It is also good to have different types of connections other than those with your family members, such as with friends, coworkers, neighbors, etc.



This is termed by the Japanese as *ikigai* (where *iki* means "life" and *gai* "worthwhile"), the secret to living a wholesome life.

DEVELOP A MEANING AND PURPOSE IN LIFE



DEVELOP COPING SKILLS

Be aware of the problem, be flexible, and do not give up easily when trying to solve it.



TRY MEDITATION TECHNIQUES AND RELAXATION

Spend some time each day applying relaxation techniques that will help you slow your breathing, lower your blood pressure, and reduce both muscle tension and stress.



It is also important to recognize when you, or someone in your environment, might need help and to seek counselling from a professional to assess the situation and recommend the most appropriate treatment.

References:
MedlinePlus [Internet]. Bethesda (MD): U.S. National Library of Medicine. How to improve mental health [Accessed on 30 June 2021]. Available at: <https://medlineplus.gov/spanish/howtoimprovementalhealth.html>