

10 WAYS TO *improve* YOUR MENTAL HEALTH

1. Think positively. Your life, like everyone else's is filled with both pleasant and unpleasant things, spend time noticing, and enjoying, the pleasant things, too; it feels better.
2. Cherish the ones you love. Too often we forget to appreciate something or someone until they are gone. Love them now so YOU can feel the abundance of love in your life, whether others are able to feel it or not.
3. Keep learning as long as you live. Learning expands your world, while helping you to feel connected to it.
4. You will make mistakes, so you might as well learn from them. No need to beat yourself up once you have made them. Keep the lesson and let go of the pain and struggle.
5. Exercise daily (even if it is 5-10 minutes of gentle movement). Your engine wants to run.
6. Keep it simple. Life can be tough, no need to complicate it unnecessarily.
7. Bring understanding and kindness to yourself, and those around you.
8. Keep your heart open. Failure isn't failure, it just means you found one more way that doesn't work. Keep going to find what does work for you.
9. Try new things on, so you can discover and nurture your talents. Being creative feels good.
10. Set goals to do things that bring you joy, excitement and evoke your passion.