

# 5 TIPS FOR Taking Care of Your Mental Health

## Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

## Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

## Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

## Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

## Seek Support When Needed

Reach out to family, friends or mental health professionals when necessary.





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*Help Yourself to Positive Mental Health* Howard Rosenthal, 2017-12-18 This work reveals 50 simple ideas and concrete actitivities to improve anyone s mental well being Written in a conversational style this resource provides techniques and specific suggestions to combat depression fear loneliness anger a poor self image undesirable habits poor communication relationship difficulties and other problems Step by step the authors show the reader the way to positive mental health All 50 ideas are introduced in the same straightforward format a basic idea is presented on the right hand page and a concise one page explanation that defines the concept and how to implement it is shown on the left

*Self-Help in Mental Health* T. Mark Harwood, Luciano L'Abate, 2009-12-14 Self help is big business but alas not a scienti c business The estimated 10 billion that s with a b spent each year on self help in the United States is rarely guided by research or monitored by mental health professionals Instead marketing and metaphysics triumph The more outrageous the miraculous cure and the r olutionary secret the better the sales Of the 3 000 plus self help books published each year only a dozen contain controlled research documenting their effectiveness as stand alone self help Of the 20 000 plus psychological and relationship web sites available on the Internet only a couple hundred meet professional standards for accuracy and balance Most in fact sell a commercial product Pity the layperson or for that matter the practitioner trying to navigate the self help morass We are bombarded with thousands of potential resources and c tradictory advice Should we seek wisdom in a self help book an online site a 12 step group an engaging autobiography a treatment manual an inspiring movie or distance writing Should we just do it or just say no Work toward change or accept what is Love your inner child or grow out of your Peter Pan I become confused and discouraged just contemplating the choices

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edition of Mr Jiang's best selling book See the new edition titled The Medical Librarian's Guide to Natural Mental Health Anxiety Bipolar Depression Schizophrenia and Digital Addiction Nutrition and Complementary Therapies 4th edition From the book jacket In sum 1 000 years ago if somebody had a mental health issue they told the patient to pray about it take this or that herb rest and take care of themselves their body being their temple That all changed when the first of the anti psychotics the major class of drug used to treat psychosis was discovered in France in 1952 named chlorpromazine more commonly known as Thorazine Thorazine secured FDA approval on March 26 1954 as the first psychiatric medication Since then for pretty much all mental illnesses the advice has been Don't pray don't take that supplement don't worry about anything just take this drug Now with the nutritional psychiatry movement medicine is incorporating the wisdom of the ages with the science of modern psychiatric treatments to reduce human suffering and increase mental wellness as never before and it is about time William Jiang MLS The thrust of this book is nutrition and complementary therapies for digital addiction anxiety bipolar depression and schizophrenia Truisms that have been passed down through the ages about mental health that have stood the rigors of scientific inquiry are presented How does belief make one's brain stronger The role of nutrition in ameliorating anxiety bipolar depression and schizophrenia is discussed Light is thrown on the benefits of meditation yoga aromatherapy exercise the healing power of music and the detrimental effects of playing too many video games or too much electronic stimulation The effect of light on bipolar disorder and the importance of good sleep hygiene is underlined A question relevant to many of us What are the effects of being indoors all the time is delved into A long list of things that can be helpful for ameliorating depression is presented including natural herbal remedies meditation religion yoga the effect of too much or too little light the role of exercise in fighting depression the role of music on the mood the role of a positive social network in recovery the role of pets the harmful effects of the digital lives we lead and the healing power of scent Finally the amazing fact that nutrition can sometimes prevent psychosis or depression in its beginning stages before it becomes a fully blown problem is presented Many exciting and useful additional mental health tips are added to fourth edition This is a book packed with word class tips from a leader in natural mental health [Mental Health Daily Tracker and Journal](#) Tom Wavre, Iam 1in4, 2018-02-05 This book brings together a number of principles and practices that can help you with your mental health and general well being These include tracking of your mood sleep habits achievements journals practising gratitude and setting daily achievable goals By engaging with the material you are able to set a solid and positive foundation to your day which will in turn help shape your day in the way you would want rather than being pushed and pulled by the various demands and distractions provided by modern day living As with anything of this nature it is important to engage with the content as much as possible to achieve the biggest benefits With that in mind though it is important to not scold yourself for not completing a section or missing a few days It should act as a means to concentrate the mind and give you a focus at the start and end of each day helping to guide you and keep you focused on the things you want to be focused

on rather than the inevitable day to day distractions In those times when we need the most help it is beneficial to have already listed out some things that can help you in those moments Feel free to use these as work best for you for example if quotes just don t have any impact substitute something that does For the things and activities this can be photographs songs mindfulness swimming reading etc absolutely anything that you find helpful When you are next in a depressive state reminding yourself of these things can be of great help The majority of the book is made up of 12 weeks worth of daily entries These daily entries are split into two halves Firstly those that are to be completed first thing in the morning ideally before you even look at your phone By delaying looking at your phone you begin the day on a solid footing based on your own wishes and desires We also do not start the day by seeing some bad news or something else on social media that has the ability to put us in a bad mood right from the off Secondly those that are to be completed later in the day ideally at bedtime This can help to clear the mind ready for bed and be part of a proactive bedtime routine that increases your chances of a good night sleep As stated above if you skip one or a day or you don t achieve a goal etc please do not worry about it Nobody ever achieved all of their goals every day The science tells us that if you practice a new habit for 21 days straight it begins to become part of our natural routine So whilst some of this may seem difficult to begin with if you stick with it it will become easier over time until it is a set part of your day I hope you find the book helpful and I hope you see a sustained improvement in your mental health Tom WavreFounder iam1in4 com

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