

10 TIPS

ON HOW TO MAINTAIN GOOD MENTAL HEALTH

1

KEEP A POSITIVE ATTITUDE, WITH OR WITHOUT PROFESSIONAL PSYCHOLOGICAL COUNSELLING

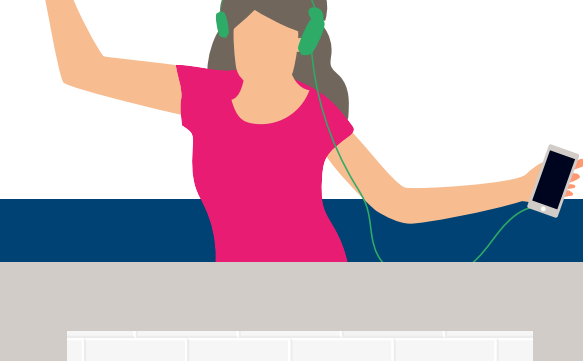
- Try to see something positive in every negative situation
- Do something nice every day, even if you don't feel like it
- Negative thoughts are so human and "normal", but don't allow them to rule
- Avoid negative talk from yourself or others
- Avoid negative people, negative social media and too much bad news

2

CONSTANTLY REMIND YOURSELF THIS A PASSING PHASE IN YOUR LIFE

Nothing lasts ever forever:

“THIS TOO, SHALL PASS”



3

CREATE A SET ROUTINE FOR EACH DAY

Draw up a schedule of what you're going to do each day and at what time. Get up, wash, dress, exercise, have fixed meal times and do specific tasks. Create a "to do" list of things you never had the time for and schedule time for it.



4

TREAT AND NURTURE YOURSELF

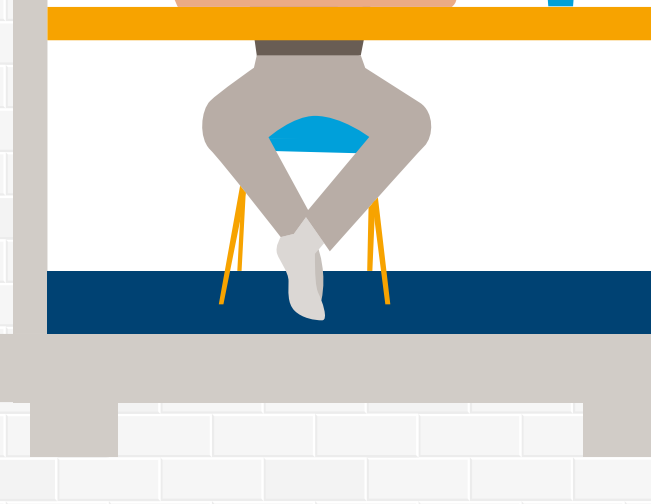
yourself with good healthy food and juices, good music or get a foot spa.



5

GET THE FEELINGS OUT

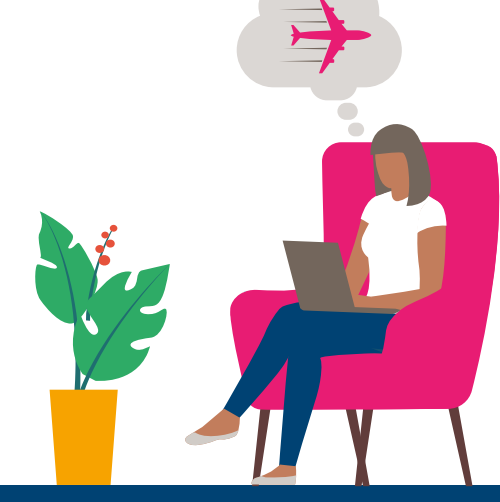
if you don't want to talk about it, write it down. A journal is very good to write down your thoughts and feelings.



6

KEEP A LIST OF THINGS THAT YOU WOULD LOVE TO DO WHEN THIS IS ALL OVER

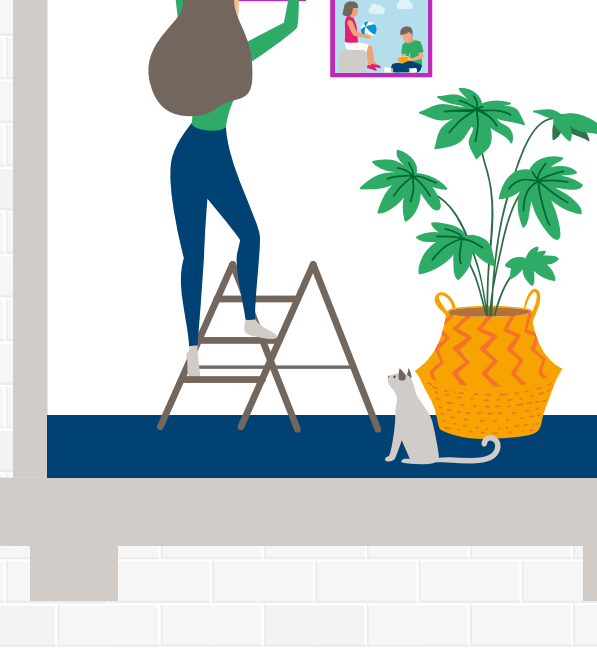
on the short and long term for example plan new hobbies, travelling etc.



7

SURROUND YOURSELF WITH POSITIVE AND BEAUTIFUL THINGS THAT MAKE YOU FEEL SPECIAL

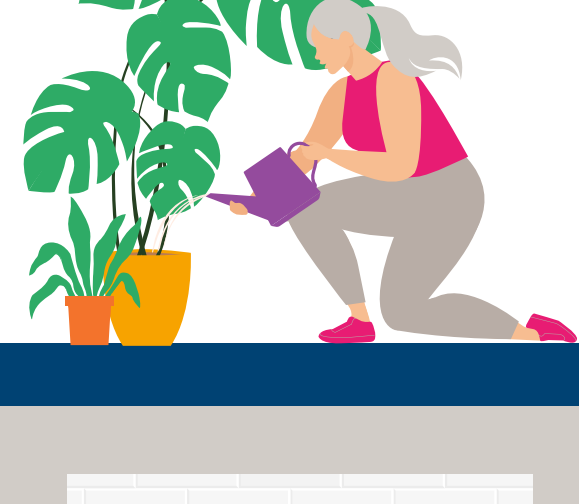
- Decorate your space with beautiful pictures or cool stuff you like
- Keep positive quotes and good things people said about you
- Your favourite music
- Essential oils/ aromatherapy candles
- Heaps of support and positive people
- Make a photo album of good memories (digital or hard copy)



8

HAVE SOMETHING GREEN AND ALIVE IN YOUR SPACE

A real plant, pictures/posters/screen savers of nature pictures or order a Smart Garden online (www.clickandgrow.com)



9

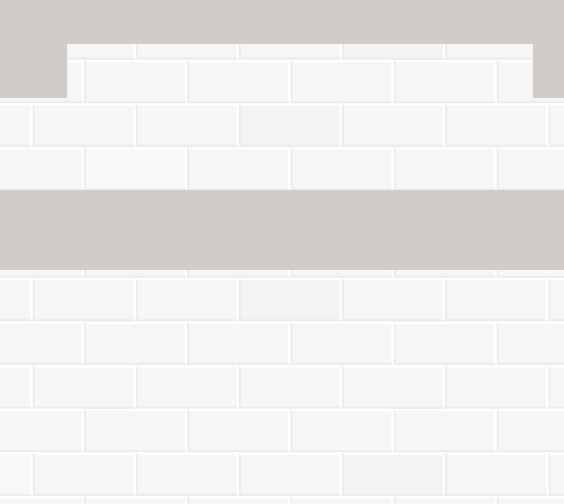
MANAGE STRESSORS OR DELEGATE TO CAPABLE OTHERS



10

KEEP YOUR MIND BUSY WITH POSITIVE THINGS; OTHERWISE IT TENDS TO WANDER...

- Positive books
- Feel good movies
- Art and crafts (paint, beading, baking)
- Meditation and Mindfulness Apps
- Prayer
- Exercise, yoga from online classes



STAY SAFE

