How to Prioritize your Mental Health & Prevent Burn Out

The first step in taking action to prioritize our mental health is to acknowledge that we want to feel better. Easy. Step one—done! The rest will take time and effort, but will be worth it in the long run!

Life can feel like it is in a constant state of go-go-go. It is easy to forget to take care of ourselves or feel we do not have the time to do so. However, we cannot pour from an empty cup. Eventually, our mental health will catch up to us if we neglect it for too long.

Burnout is a state of mental and physical exhaustion from daily stressors. Burnout occurs when we spread ourselves too thin, take on high-stress responsibilities, and simultaneously neglect self-care to cope.

There are tips and tricks to prioritize mental health and prevent burnout for mild cases. For more moderate to severe cases, consult your healthcare providers for professional assistance.

Identify your stressors

If we allow our stressors to continue to invade our mental health, it is much more likely for burnout to occur. When you are experiencing general unhappiness, it is important to identify your sources of stress. This will allow you to make an actionable plan to either prevent or cope with these stressors.

During times of distress or sadness, write down or note the happenings in your life leading up to these emotions. Or, write down your thoughts to identify possible anxiety triggers.

By writing down the "who, what, when, where, and why" surrounding our stressors, we can identify patterns. It is important to continue noting our stressors for an extended period of time to tease out the most frequent or intense stressors.

Once you are aware of your stressors, you can begin to find ways to avoid them, alleviate them, or combat them with reflection and self-care.

Determine what makes you happy—and do more of it

Identifying activities, hobbies, or curiosities that excite us will bring balance to our hectic lives. It is easy to get caught up in the things that cause us stress. Our brains are wired to solve problems, so we are programmed to focus on issues that require our attention.

However, spending all of our time and energy on negative forces does not leave room for positive mental health practices. If your job, school, or other obligations don't make you happy, you have options.

If you feel signs of burnout or an increase in negative moods tied to your responsibilities, finding steady hobbies might be right for you. Balance out your day with scheduled time to engage in something that brings you joy.

Balancing your life with outside commitments in areas that relax you or excite you such as sports, exercise, art, reading, writing, gardening, etc will combat negative perceptions around how we spend our time.

Filling our time with things that make us happy or calm us can alleviate stress, sadness, and unfulfillment.

Set boundaries

Once you are aware of your stressors and have identified pastimes that make you happy, you can begin to achieve balance by setting boundaries.

Work stress is extremely common as it can eat into our personal time and take over our thoughts. Relationship or family stress is similar in that responsibilities can pile up and weigh on our conscience.

If you are experiencing high levels of stress in a certain area of your life, it is important to find manageable ways to start saying "no."

However, this doesn't mean we are short-changing important tasks—it means we are prioritizing our health in appropriate doses.

This can look like: deleting your work email app from your phone or scheduling "me-time" to relieve family responsibilities.

A healthy body supports a healthy mind

Supplementing your diet with essential vitamins, minerals, and nutrients can add a much-needed pep to your step!

Oftentimes, we do not have the time, energy, money, or resources to maintain a perfect diet. This creates gaps in our daily nutrition that could be affecting our mood. Without a fully balanced diet, we miss out on essential vitamins, minerals, and healing ingredients.

Typically, we think that diet and supplements are solely for our physical health. However, this is a misconception. How we nourish our bodies directly impacts the mind.

Fully Nutrition has created a comprehensive gummy supplement line that can enhance our overall wellness. High-quality mood-boosting ingredients are integral to maintaining overall wellness.

Fully Nutrition offers an array of delicious fruit-flavored, organic supplements that can help us prioritize our mental health and prevent burnout. Some ingredients include B-Complex and probiotics which reduces stress, iron which increases energy levels, and turmeric and elderberry which keep our bodies healthy and happy.

Incorporating supplements with high-quality healing ingredients can give us the energy and mood boosters we need to prevent burnout and improve our mental health.