

Keeping your mental health in check

In a world obsessed with productivity, it can be easy to forget to take care of yourself. It can be intimidating to go on social media and see all these influencers preach about being the 'best version of yourself.' But looking after yourself just takes one small step.

Now, I know you might want to turn over the page because you think you already know about these steps but hey, give us a chance! Maybe you'll find something new. So, here are some ways to be more mindful.

A coffee break

Oh no, we're losing you already. But hear us out, there's no need to cut out caffeine completely but if you drink 3 cups of coffee a day, maybe reduce that to 2 and eventually one. Caffeine can worsen anxiety symptoms, so be mindful of how much you consume.

Using a grounding

The 54321 method can help relieve anxiety symptoms. According to Tina Hnatiuk, a mindfulness teacher, it involves focusing on 5 things you can see around you, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

Journaling

All you need to do is focus on your emotions and dump it all on those pages. There are also great journals with prompts like: The 5 Minute Journal.

Exercise

We hate to say it but exercise is a wonderful way to help improve your mood. It can just be a simple walk or any type of movement you genuinely enjoy.

Social media detox

It's time to unfollow people that bring you no joy. Maybe take a mini break and try a new hobby like knitting. Anything that takes you away from the mind-numbing clutches of Instagram reels/TikTok.

Talk to someone method

This doesn't have to mean talking to a therapist, it can help to talk to a friend or family member. But be mindful of the person you're talking to because they may not be prepared to take on an emotional conversation. This is why therapy can be a great outlet, there are cheaper alternatives out there and it may be the answer for you. These tips will always be here if you need them, all that matters is you keep trying. You got this!



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