

5 Things to do Now to Boost your Mental Health

Without Using Your Phone

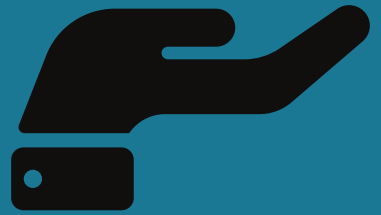
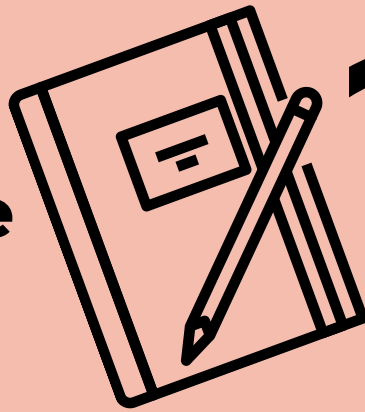
written by Nick Romano

"Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

Noam Shpancer, Ph.D.

Adding positive habits to your life can give you a boost to get through a tough day. Below are five non-smartphone things that you can do right now to benefit your mental health.

1. Write about acts of gratitude in your journal



By writing about positive experiences rather than negative, we train our brain to be more sensitive to gratitude, which if practiced, could lead to long-term improvement of mental health. Try listing things you are grateful for or journaling "today's wins." When strengthening that gratitude muscle, it is essential to do what works best for you.

2. Connect with a close friend or family member



Connecting with others validates our natural human need for social connection. Connecting with others also helps us feel a sense of belonging, support and purpose, which are all beneficial to mental health.

3. Go for a walk

Take a stroll through a park or a hike in the woods. Being in nature is a way to increase energy levels while also reducing depression. The activity of walking can also improve self-esteem and self-perception.



4. Be a tourist

We often ignore the beauty right in our backyard and neighborhood. Explore your surroundings and practice being connected in the present moment and detaching your mind from stressful thoughts.



5. Smile!

On not-so-good days, this gesture may not be as simple as it seems. Smiling can help attract positive experiences both socially and emotionally because it improves your attitude.

