MindHealth360

6 tips for mental health

Get plenty of sleep

Getting regular, deep sleep is essential to our mental health. Adjust your daily habits to ensure you get 8 hours of sleep daily. Try to go to bed and get up at the same time every day.
To find out more:
https://www.mindhealth360.info/solution/practice-daily-rituals-to-sleep-better/.

Eat a healthy diet

Nutritional imbalances are one of the most significant contributors to mental health issues. Try to eat a balanced and varied diet, including high quality proteins, fats, and carbohydrates in every meal. Make sure you get veggies and fruit and keep hydrated.
To find out more:
https://www.mindhealth360.info/solution/correct-your-nutrition-and-supplement/.
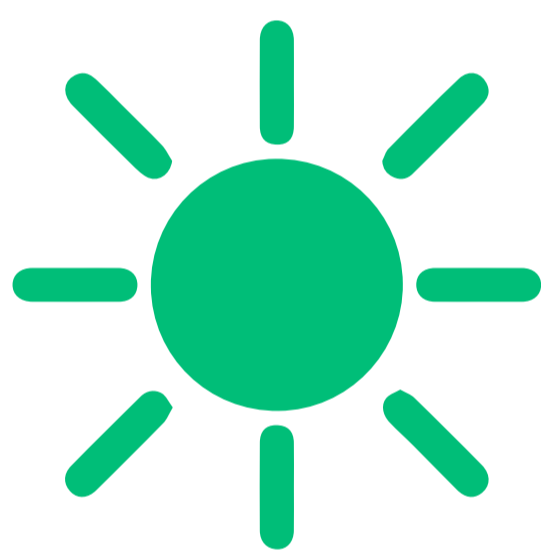
Get plenty of natural light

Daily exposure to nature, fresh air, and natural light is essential for optimal mental health. Connecting with nature and natural light can reduce stress and make you feel happier. For more information:
https://www.mindhealth360.info/solution/connect-with-nature-and-natural-light/.

Be physically active

Many studies have shown that physical activity can improve your mental health. Getting a minimum of 30-40 minutes of moderate exercise 3-4 times per week can lead to better sleep, happier moods and reduced anxiety and stress.
For more information:
https://www.mindhealth360.info/solution/exercise-right/.

Relax

Make some time for yourself and relax every day. Relaxation can take several forms: go for a walk, take an Epsom salt bath, focus on your breathing or meditate.
To find out more:
https://www.mindhealth360.info/solution/techniques-to-relax/.

Take a break from technology

Studies have shown that spending too much time on technology and social media can contribute to mental health issues. Make sure you take a daily digital detox and frequent tech-free breaks.
For more information:
https://www.mindhealth360.info/solution/manage-your-technology-and-social-media-use/.