

10 WAYS TO ACHIEVE A HEALTHY MIND AND IMPROVE MENTAL WELLBEING

INCLUDING FREE WORKSHEETS



Schedule a session today with Dr. Celena Horton LCSW, Inc. at 909-428-7241 or drcelenahorton@gmail.com



EAT WELL, AND MAKE TIME FOR GENTLE EXERCISE

What you eat can have a significant effect on your mental wellbeing. Choose fresh, unprocessed foods with every meal. Give your body and mind the nutrients it needs to function and process the regular stress and strain we face as humans. Making the right choices about the foods you eat is a basic but necessary form of self-care, yet it is one that we all need to be reminded of from time to time.

With that, integrate some gentle exercise into your routine. It could be a quick walk around the block, a gentle stroll in the park, a yoga session online, or a workout class at your local gym. Whatever you choose, make sure it makes you feel good both mentally and physically - otherwise, try something new until you find the one that's right for you! Trust us, it can and will elevate your mood and improve your mental wellbeing.



PUT DOWN YOUR PHONE

Excessive media consumption or scrolling on social media can cause you a lot of mental stress. Be sure you consciously take the time to put your phone away when you're feeling a little overwhelmed or need to nourish your mental health. Social media is filled with thousands of opinions; it promotes our minds to compare our lives to others.

To honestly care for your mental health and to nurture a healthy mind - take a break. It will help you to focus on what's happening within your present moment and protect what you have right here, right now.



TAKE TIME TO ASSESS HOW YOU'RE FEELING

Just like physical health, your mental health can take dips. It's essential to check in with yourself and make sure you are actively caring for your mind.

On the following page, take the mental health assessment - take note of how you have felt over the last couple of weeks and what you learn when you take the time to journey into your current mental wellbeing.





“What mental health needs is more sunlight, more candor, and more unashamed conversation.”

GLENN CLOSE



MENTAL HEALTH ASSESSMENT WORKSHEET

<i>IN THE PAST TWO WEEKS I HAVE</i>	<i>NEVER</i>	<i>RARELY</i>	<i>SOME TIME S</i>	<i>OFTEN</i>	<i>ALWAYS</i>
Felt happy					
Felt drained/tired					
Felt good about myself					
Felt relaxed					
Felt stressed					
Felt overwhelmed					
Felt valued by loved ones					
Taken care of my physical health					
Eaten healthy					
Taken the time I need					
Spoken to a loved one					
Meditated					
Said no to the things I do not want to do					
Gotten enough sleep					
Woken up refreshed					
Gotten fresh air every day					
Taken a walk in nature					
Read a book					
Listened to my favorite music					



What have you learned from this exercise?

What part of your mental health do you need to nurture?

What part of your mental health are you good at caring for?

“

**The only
journey is the
journey
within.**

RAINER MARIA RILKE

”





PRACTICE GRATITUDE

It's easy to focus on the negative things that happen in life. Often, it is what plays the most in our minds, especially in those moments of silence when we are alone.

Consciously expressing gratitude when you have a moment to yourself can help boost clarity and relieve tension and stress from building in your mind. Give thanks for the things you have, the aspects of your life that make you feel happy and stable.



GET OUTSIDE

Fresh air is a natural healer. When you're feeling overwhelmed, anxious, or burdened, spend some time outdoors.

Find a green area where you can take a couple of deep breaths and release the tension building inside, expel that air and negativity right back out into the universe.



TALK TO SOMEONE

Whether you're having a good or bad mental health period, it's always the right time to talk to someone about your feelings. Seeking professional help will help you maintain a healthy mind and improve your mental wellbeing when you need it the most.

Book an appointment with us, make this your self-care move of the day. We'd love to hear from you!



START JOURNALING

Keeping a self-care journal can help to remind you to take care of your mental wellbeing each day of the year. By keeping a journal, you can ask yourself specific questions, follow a routine, or just free-flow journal, and see what comes up.

Find what method motivates you the most and allow your mind to roll free through the words you write.

Journaling is an incredibly freeing experience - just you, a pen and a piece of paper, ready to solve all the problems brewing inside. Try our self-care journal on the following page.



SELF-CARE JOURNAL

Today, I cared for myself by

Doing this made me feel

Tomorrow I plan to

When I prioritize self care, I feel

In my mind, self care means

Name something wonderful that ***happened today***

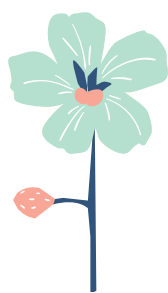
Why did it make you feel happy?

Name something that made you feel ***sad*** today

Why did it make you feel sad?

Write down some of the ***emotions*** you have felt today. Now is your time to reflect and assess how these emotions occurred and how they reflected on the rest of your day.

List three wishes for the rest of your week





FOCUS ON THE THINGS YOU CAN CONTROL

There are so many unknowns in life. Often anxiety occurs when we focus on the unknowns and the 'what if' moments. In those moments, try to sit with the feeling, but don't ignore them. Instead, see if you can change your thought process to focus on the things you can control rather than the things you cannot. If you're anxious about an upcoming situation, think of the certainties, think of the aspects of the situation you know for sure.

Then, choose to tell yourself that you CAN deal with the what-ifs of that situation. Prepare your mind to be ready for any eventuality. Tell yourself that you have the strength to deal with whatever challenge lays ahead of you.



SET SMALL, ACHIEVABLE GOALS

Everyone loves ticking something off of their to-do list. If you find it hard to keep an overview or if you're the type of person who feels like they 'never get anything done', try and set yourself a goal list. Make sure that each item on your list is achievable within your desired timeframe. It could be anything as small as going to the grocery store, contacting a family member, or going for a walk.

Ticking that item off of your to-do list will give you a sense of accomplishment which will help improve your mental wellbeing.





PRIORITIZE SELF-CARE

In those moments, you could give yourself a quick head massage as you apply your shampoo, you could visualize your worries as the water running down the drain, you could use your fancy soap on a Monday.

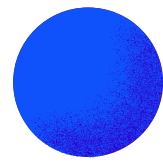
Whatever self-care looks like to you, make sure you can integrate it into some aspect of your day, every day of the year. This is the greatest thing you can do for your mental wellbeing in the long run.

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SELF CARE CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TAKE A WALK	DRINK SOME WATER	_____	BREATHE DEEP	_____	SOAK YOUR FEET	_____
EAT YOUR FAVORITE MEAL	_____	CHOOSE A MANTRA	_____	WATCH YOUR FAVORITE SHOW	_____	BOOK AN APPOINTMENT WITH YOUR THERAPIST
_____	TEXT A FRIEND	_____	_____	_____	FIND A NEW HOBBY	_____
_____	_____	TURN OFF YOUR PHONE	_____	CALL A FRIEND	_____	_____
LISTEN TO A GREAT SONG	_____	_____	_____	_____	ORDER YOUR FAVORITE HOT DRINK	_____

SELF CARE WEEKLY AGENDA

	Physical Health	Emotional Health	Social	Recreation
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

