

Cultivating Positive Mental Health

Good mental health is not about the absence of a mental health condition or illness, it's about feeling good about ourselves and being able to deal with life's challenges in a positive and healthy way. Our day-to-day mental health can change, as it is influenced by a range of factors, including life events, workplace issues, our physical health, and social and economic conditions. People can have poor mental health without having a diagnosed mental illness.

Here are a few ideas of ways that you might boost your mental well-being.

Ease up on self-criticism. What you think about yourself affects the way you feel. For example, when something goes wrong, try not to use harsh and negative self-talk, such as “I can't seem to do anything right here! Maybe I'm not the right person for this assignment!” Instead, try to use more positive language that supports your feelings of self-worth and learning opportunities—“Adapting to different customs is tough and I'm bound to make a few blunders, but I'm getting the hang of things so I can do it.”

Do things that bring you joy. It's easy to feel isolated, especially if you're going through a stressful time in your work or personal life. Find time for fun. Seek out activities that you've enjoyed in the past, or try something new. Get involved with your faith community or volunteer to feel more connected to those around you.

Maintain a healthy lifestyle. Sounds easy, but it can be challenging to eat well when you're busy. Try to make time to eat mindfully, and incorporate exercise into your daily routine. Drink more water to stay hydrated, and make sure that you have a bedtime routine that supports healthy sleep.

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