

30ish Tips for Improving Your Mental Health

- Stop being so self-deprecating. Even if you're joking.
- Start a gratitude journal. Happy people are grateful. Period.
- Release any burdens that don't belong to you.
- Affirmation: "Good things are going to happen. The universe is on my side and is sending positive things my way."
- Declutter.
- Drink more water.
- Start your day early.
- Watch a movie or TV show that brings you joy.
- Affirmation: "I have enough."
- Plan a day where you turn your phone off and keep it off all evening.
- Try cooking a new healthy recipe.
- Call or Facetime a friend that you haven't talked to in a while.
- Allow your hair to air dry and go makeup free all day.
- Read a fiction book that interests you.
- Deep clean a room in your home.
- Write and send a thank you note to someone who has been kind in some way.
- Affirmation: "There is room in this world for me and my competition to be successful. I will not spend my energy worrying about my competition."
- Take a nap when you feel like you need one.
- Make a list of your accomplishments (big or small) that you are proud of.
- Set a timer for 5 minutes and use the entire time to close your eyes, breathe deeply, and clear your mind.
- Stretch.
- Forgive someone.
- Bake cookies.
- Add some greenery to your home.
- Affirmation: "I am in charge of my own happiness."
- Create a budget.
- Call your mom...or your dad, just to chat.
- Make a nice, hearty breakfast for yourself.
- Affirmation: "No matter what is in your past, your future is spotless."
- Go for a walk outside.
- Go out of your way to show someone kindness.
- Get some exercise.