Healthy Lifestyle for your Mental Health

Achieving small tasks and doing things you enjoy can boost your confidence and lift your mood – helping you keep a good mental health.

**Follow these healthy habits to help improve your mood and mental health.**

ACTIVITIES AND YOUR MOOD

The activities you make time for have a big impact on your mental health. When you spend time doing things you enjoy (or used to enjoy), it can give you relief from hard times, and build some fun in your life. Likewise, when you set and achieve small tasks that are important to you (such as completing homework or giving back to your community) it can help to create a sense of accomplishment and meaning.

If you're going through a difficult time, doing anything can seem like a lot of effort. And if you're feeling low you may lose interest in things you once enjoyed. The key is to focus on doing, even if you don't feel like it. As you set and achieve even small tasks you will learn more about yourself, build confidence and improve your wellbeing. Here are a few ways it helps.

- give you a sense of achievement and purpose

- build your confidence

- lift your energy

- improve your motivation

- it can help get you out of a rut
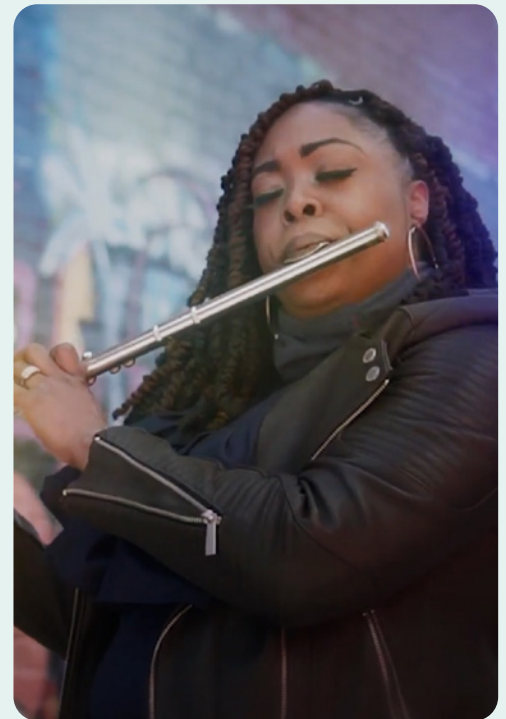
HEALTHY LIFESTYLE HABITS

When you're feeling low or stressed it's important to put healthy habits in place – to give yourself a better chance of coping with life's challenges.

Doing stuff and achieving little things every day is an important healthy habit, but it's not the only one. Things like exercise, eating well, and spending time on your relationships are also important for good mental health.

HOW CAN I DO MORE STUFF?

- Set small goals. Setting and achieving goals builds confidence and self-worth. Think of a small task (maybe it's making your bed, going for a 15 minute walk or calling a friend). It can be anything, the important thing is to set the goal and follow through.

- Find activities you enjoy. If you're going through a hard time, you may not feel excited about doing anything. But think back – what did you used to enjoy? This can be a good place to start.

- Make a schedule. When you think of an activity, make time for it.

- Persist. Find ways to follow through with your scheduled activity, even when you don't feel like it.

- Reflect. Once you begin achieving your goals, take some time to reflect on how it makes you feel. Did you enjoy it? Did you feel a sense of accomplishment? If you did, that's great. If not, that's OK. You could try something else.