

A Guide to Looking after your Mental Health: Good Mental Health Hygiene Tips



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Looking after your mental health can definitely be more challenging at certain times than others. It's really important to make sure that you are taking care of your general wellbeing, to make sure that you feel more able to cope emotionally and psychologically when things get difficult. We've put together a list of some of the key self-care areas below, with practical tips on how to manage each one. We hope you find these useful.



Get plenty of sleep - Sleep helps to regulate the chemicals in our brain that are important in managing our moods and emotions. If we don't get enough sleep, we can start to feel depressed or anxious.



Eat well - Eating well isn't just important for our bodies, but it's also important for our minds. Certain mineral deficiencies, such as iron and vitamin B12 deficiencies, can give us a low mood. If you're particularly stressed or anxious, you should try limiting or cutting out caffeine as this can make you feel jittery and anxious.



Avoid alcohol, smoking and drugs – alcohol is a depressant and nicotine can cause feelings of anxiety. Self-soothing negative feelings in this way can also cause a dependency.



Get plenty of sunlight - Sunlight is a great source of vitamin D. Vitamin D helps our brains to release chemicals which improve our mood, like endorphins and serotonin. It also helps us to produce melatonin, which helps us sleep.



Manage stress - knowing what triggers your stress and knowing how to cope is key in maintaining good mental health.



Activity and exercise - Being active not only gives you a sense of achievement, but it boosts the chemicals in your brain that help put you in a good mood.



Do something you enjoy – this also boosts chemicals in your brain that put you in a good mood, and can take your mind of things you might be worrying about.



Connect with others and be sociable – we're born to connect. Whether in-person, online, or by telephone, make an effort to maintain good relationships and talk to people whenever you get the chance. Having friends is important not just for your self-esteem, but also for providing support when you're feeling low.



Do things for others - Helping someone can help with your self-esteem and make you feel good about your place in the world. Feeling as though you're part of a community is a really important part of your mental health.



Ask for help - recognise when you're not feeling good, and to know when to ask for help.

If you find that you're struggling to take care of yourself and would like support, Local Counselling Centre can help.

What Can We Help With?

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[Depression](#)

[Relationship Counselling](#)

[Anger Management](#)

[Phobias](#)

[Psychosexual Therapy](#)

[Anxiety](#)

[Stress](#)

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[Trauma](#)

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Contact us today

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