

# Mental Health Tips

## FIVE NEW YEAR RESOLUTIONS THAT ARE KIND TO YOUR MIND

HAPPY  
New Year

### Engage in Physical Activity

Movement increases endorphin levels, the body's feel-good chemical, producing feelings of euphoria and happiness. Research shows that engaging in 15-30 minutes of physical activity can decrease stress, reduce symptoms associated with depression and anxiety, and improve sleep quality.

### Become Aware of Negative Self-Talk

Research indicates a link between negative self-talk and mental health problems. Negative self-talk increases feelings of helplessness and limited thinking, which can be detrimental to our mental health. Try to become aware of negative thoughts and catch your inner critic. Replace the bad with the good! If you're able to catch negative thoughts, try to shift your perspective and treat yourself how you would treat a friend!

### Practice Self Care

Self-care is essential to improving mental health, and just like any other technique, it requires that you actively make time for it! Spending time doing something for yourself, whether that is taking a walk, listening to music, napping, or spending time alone, whatever you choose to do should be something that brings you peace! It is easy to fall into a cycle of attending to the needs of others at the expense of your own; however, this is not beneficial in the long term.

### Practice Gratitude

Practicing gratitude is shown to be one of the quickest and effective ways to increase feelings of happiness and develop resilience. Practicing gratitude can be as simple as spending a few minutes writing down or thinking about things you are grateful for. Gratitude is a skill, so it is crucial to develop it by spending a little time practicing it each day.

### Spend Time with others

Research shows the presence of good-quality relationships improves physical and mental health. In addition, having meaningful relationships with others instills feelings of worthiness and belonging.



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