Tips for Staying Mentally Healthy

Practical habits to strengthen emotional resilience



Mental health is an essential part of your overall health. We all have mental health, just as we all have physical health. Mental health is more than just the absence of mental illness; it's a state of wellbeing in which you realize your abilities, can cope with the everyday stresses of life, can work and study productively and can contribute to your family and community. Awareness of your mental health is essential because it affects every aspect of your daily life and ability to function.

Without this understanding, it's difficult to pinpoint why you are so stressed or having difficulty coping. Maintaining your mental health is like staying physically fit: it requires a little effort every day. But the rewards are great! Mostly, it's about finding balance in your life.

Everyone has to face stress and demands, but we all need and deserve a break sometimes. Devote a little of each day to improving your mental health. You'll reap the benefits in the same way that daily physical exercise makes you stronger and more fit.

Everyday tips for staying mentally healthy

Here are a few healthy practices that can be easily integrated into your daily life. The idea is that many small, concerted actions can add up to a significant overall effect. Apply some of these ideas regularly, and you'll find yourself feeling rejuvenated and more confident:

- **Learn how to cope with negative thoughts.** Negative thoughts can be insistent and loud. Don't let them take over. Distract yourself or comfort yourself if you can't solve a problem immediately. Try seeing the concern from all sides rather than from just one point of view.
- **Be in the present.** When you're out for a walk or socializing, turn off your cell phone and take in all the sights and sounds around you.
- **"Collect" positive emotional moments.** Make a point of thinking about the times when you've felt pleasure, comfort, tenderness, confidence or other positive emotions.
- **Enjoy hobbies.** A hobby helps bring balance to your life. You're doing something because you want to, not because you must. There's no pressure. It's a form of mental stimulation, too.
- **Treat yourself well.** It could be a good meal, a bubble bath, a movie or just sitting in the park enjoying nature. Small daily treats have a cumulative effect.
- **Live a healthier, more active life.** Eat healthy foods, stay active and get enough sleep. Regular physical activity is good for the mind. It can even reduce depression and anxiety. Share your activity with others; social connections are beneficial, too.

© 2026 CuraLinc Healthcare. This resource is provided for the personal use of CuraLinc members and may not be reproduced or redistributed without permission.