

25 Mental Health Tips to Support Your Wellbeing

with Sarri Gilman, LMFT



1. **When you are making a big change, feel what you need to feel.** But don't fear what you feel. It's important to get to know your true and deep fears so meet them like you would a very scared child; say soothing reassuring things to yourself.
2. **Self-care gives you emotional strength.** It is like food; it helps you recover, rest, rebuild. Take time each day for your self-care.
3. **Everyone needs a sanctuary.** Sanctuaries are peaceful, quiet places to help you recover from feeling overwhelmed.
4. Being overwhelmed can feel like you have a 1,000 piece puzzle to solve in 15 minutes. **When you feel mentally overwhelmed, step away from problem solving.** Your mind needs to rest.
5. If you want to feel more inner calm and peace, **slow down.** Leaving more time in your day to get from one place to the next will help your mindset be calmer and more relaxed. Carry the calm with you all day.
6. Anger is like the color purple. It is made of red, which is sadness, and blue, which is fear. **When you feel angry, ask yourself what you fear losing and what are you sad about and hurt or disappointed in.** When you face what is deeply true for you, it is easier to communicate to another what is really going on.
7. When you are hurting, it is best to understand why you are hurting, feel your pain, and **care for your feelings.** Some pain may be too difficult to bear alone, and counseling will help you with your feelings.
8. When I am going through something difficult, I ask myself, "**What can I learn from this?**" and "How do I want to go through this challenge?" I may not have a choice about the challenge, but I can choose how I will go through it. It can take tremendous patience to be with your feelings at these times.
9. **Pay attention to your mental health,** and take your mental health seriously. Your immune system is impacted by your thoughts and feelings, so don't ignore them. Do everything you can to make your mind a happier, healthier, and more peaceful and comfortable place to be.

10. Every now and then, wander into the children's book section and get yourself a children's book to enjoy. There is so much magic in children's books as they creatively try to make sense of the world we live in. It can refresh your perspective and help you **connect to your inner child**.
11. **Train yourself to be kind to other people** even when you are frustrated. Rather than lashing out at others, train yourself to be gentle and appreciative of them. Your kindness will go much further than you can imagine.
12. Doubt makes a terrible companion. Too much doubt in yourself can prevent you from seeing possibilities. **When you doubt yourself, see if you can refocus** clearly on the possibility of something you can do.
13. **Let people take care of their own feelings**. This is tricky because if someone is upset, hurt, or angry, it may be important to find a resolution to the problem together - especially if the relationship matters to you. But try not to take responsibility for fixing someone else's emotions. You can't do that. You can resolve the problem or the issues, but not the feelings. Let people take care of their own feelings. Resentment, anger, rage, etc. are feelings. You can't actually resolve someone else's emotions.
14. **Eat lunch**. You feel better when you treat yourself with kindness and respect. Try not to multi-task when you eat; just eat, and eat things that are healthy for you.
15. It is not your imagination. Listening to the news has an impact on how you feel. **Pace yourself with how much upsetting news you are digesting every day**. It may help to talk about the news so you are not carrying it alone.
16. **Try taking big long breaks from your phone each day**, as much as you want, so you can enjoy doing other things, and focus your attention differently.
17. **You don't know how someone else feels unless you ask them**. One of the most troubling communication issues is being "told" how you are feeling, rather than being asked how you are feeling.
18. **Social media is not a window into someone's life**. It is a six second shared view. There has been research that some people feel depressed seeing how "happy" everyone looks on social media. We are not seeing a person's whole life. You may only be seeing "happy" moments, but everyone has struggles and challenges.

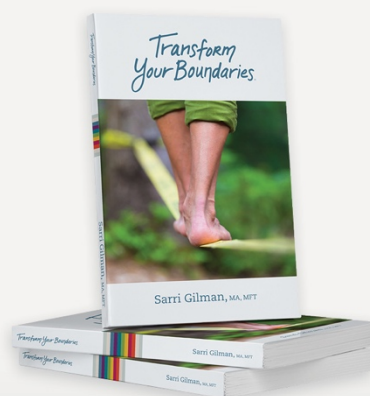
19. **Take your sleep seriously.** Feeling emotionally well is connected to your sleep. Create a comforting sleep space and feel aware of the support underneath your body. It also helps to have some rituals before bed to help your body relax. I highly recommend staying away from the bright screens of your phone, computer, and TV if you have trouble falling asleep. It can be too much light for your brain.
20. **Move!** Your mind is wired to be outside and active. Take time to be in nature often. Exercise, dance, walk, and attend fitness classes.
21. **Notice what makes you happy.** Do more of that. Spend time nurturing your creativity.
22. **Listen to your authentic Yes and No.** Set boundaries where you need them. Your boundaries have one job – to take care of you.
23. When you are learning a skill or something new on the computer or in a relationship, **give yourself time to "learn."** Take off the pressure and the expectation that you get it right. Practice.
24. **Love, and leave a big footprint with your love.** Keep expanding who is included. Make time to make friends and keep friends. Social connection is a significant part of your wellbeing.
25. **Meditate.** It is a well-researched technique to help lower your stress. Remember that stress reduction takes time and practice.



*“Your boundaries have one job,
to take care of you.”*

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