

Tips to Maintain Mental Well-Being



Step Away For A Moment And Address Your Needs

It's easy to become overwhelmed with challenges within life and current moments, but it's important to attend to your own needs. Drink plenty of water and fuel your brain with healthy snacks such as fruit, nuts, or yogurt. Taking a shower, brushing your teeth, and enjoying a quick nap can help de-stress your mind and boost your mental well-being.



Spend Time Outside

Being outside helps to promote higher levels of vitamin D, which the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D. Spending time outside can be a great way to correct that. Remember to be conscientious of weather, air quality, and need of sun screen for your physical protection.

In addition to walking, many other activities such as yoga, meditation, reading a book, listening to music, or playing games can be done outside instead of indoors to maintain your mental health.



Leverage the Power of Technology

Feeling lonely is common. Fortunately, advancements in technology have made it easy to connect with others without having to be in physical contact with or in close proximity to them. Use technology to reach out to loved ones to reduce feelings of loneliness and anxiety. If you're feeling down, use video-calling technology or social media to get in touch with friends and family.

We can leverage technology for the benefit of our mental health, but it can also be detrimental to our mental well-being. Being too absorbed by the news or social media can cause increased anxiety and depression. Try limiting your consumption of the news to 15 to 30 minutes a day, and avoid triggering topics on social media. Restricting your screentime with social media can help with avoiding "doomscrolling".



Practice Positivity and Gratitude

Taking five minutes a day to write down the things you're grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive. It's important to build time into your routine to practice positivity or express gratitude to improve your outlook and boost your mood.



Keep a Routine

One of the best things that you can do to preserve your mental well-being is to **stick to a routine**. For example, if you're used to going outside for a walk or run, and the weather does not permit, consider using a treadmill if you have access to one or walking at the mall. You might also explore other types of exercise that can be incorporated into your day.

Your mental well-being plays a huge role in your physical health and wellness, and it should be prioritized. This resource contains general suggestions that may help you maintain your mental well-being but shouldn't be considered medical advice.

If you have concerns about your mental well-being, please contact your mental health professional or use the Substance Abuse and Mental Health Services Administration's national helpline by calling 800-662-HELP (4357). You can also find more information on their website at www.samhsa.gov.

<https://www.cdc.gov/howrightnow/wellbeing/index.html>

<https://www.mhanational.org/building-your-coping-toolbox>

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