



Better Mind Better Me

Have you ever found yourself planning a holiday or changing your career believing that this change will help you escape your troubles and take all your cares away? Maybe it's going home and watching the latest Netflix series or picking up a glass of wine. These actions are all taken with the sense that they will make things easier and provide relief.

When it comes to achieving the change we want to see for ourselves, we often fall into the trap of focusing on our external environment. While this is not without its merits, change that will sustain you comes from within.

Four key pillars are fundamental in maintaining our overall mental health and wellbeing.

Mind and Mental Wellbeing

When we think about mental health there is often a preconceived association with mental illness or a 'problem' requiring treatment or resolution. While this does apply in some cases, it is important that we also recognise and accept mental health as a fundamental pillar in our overall wellbeing and the proactive steps we can take to maintain healthy functioning in our daily lives.

In much the same way that we must take action to nurture, sustain, and enhance our physical health, we also need to apply the same approach to our mind and mental health.

Strategies such as engaging in self-care activities regularly and consistently, reflective practice through journaling to support emotion regulation, and mindfulness to calm your mind, can all assist in improving your mental wellbeing.

Body and Physical Health

Physical activity is a great way to keep physically healthy while improving your mental wellbeing. Research has shown physical and mental health are interconnected.

Becoming more conscious of your physical health and the consequences of your choices can lead to positive outcomes for your mental health, and a better mental health status can lead to more physical activity and healthy lifestyle choices.

Regular physical activity, whether it is an hour, 30 minutes, or even five is an investment in your mind and body.

Several activities can improve our body and physical health, including maintaining a good bedtime routine to clear the mind and body of the day's stressors, maintaining good nutrition, and completing stretching activities to relieve tension, reduce stress, and increase blood circulation.





Spirit and Happiness

Stop and make the time to appreciate what you have. We often focus on what isn't working, what we don't have, and what we believe we deserve to have. The more time spent considering this the more we are likely to become stuck and disgruntled. You don't need to look hard or high for things to be grateful for. We can be grateful for our capacity for compassion and a sense of responsibility to others during difficult times, for waking up to a blue sky, or for the friendly smile from a neighbour.

Our spiritual health incorporates our beliefs, attitudes and values, and is an important pillar of our overall mental wellbeing. Our connection with our spiritual health has been shown to positively impact our capacity for emotion regulation improving mental health. It can play a role in calming one's mind and giving a positive attitude.

Connecting with your community through giving back or practising gratitude each day are two strategies to focus on your spiritual health to bring a positive effect on mental health and wellbeing. Another strategy is identifying and clarifying your values to reduce emotional distress and create healthy behaviours.

Relationships and Support Network

Having friends and social connections with others is good for your health and wellbeing, from lowering anxiety and depression, increasing self-esteem, and developing higher levels of empathy and trust.

Increasing our sense of social connection doesn't have to come from making friends or increasing our network; it can come from strengthening our existing relationships. Observe who you are in these relationships, what you bring to them, receive from them, and get given in return. Choose to make time for the people who matter the most, who support you and provide you with an opportunity to be the best version of yourself.

Final Words

Investing in yourself is not just for a day or a week, but rather a lifetime. No matter where you are in life, what experiences you've had, or the responsibilities and commitments you hold, you are of value and the time you take is time well spent.