

Positively change your daily focus

Strengthen your mental health

- 1. Get Active** – Keeping your body physically active not only has fantastic health benefits but is also great for your mind as it reduces stress, releases endorphins (the body's feel good hormones) and has been proven to heighten an individual's optimism and confidence. Exercise doesn't have to be in the gym – getting outside and pounding the pavement, walking the dog or even yoga with friends can take your mental wellness to new heights!
- 2. Eat healthy** – Your brain is one of your most powerful tools, and it is important that it is fuelled with wholesome nutritional choices. Eating a diet high in fat and sugar can cause the body and mind to feel lethargic and reduces your ability to concentrate. A balanced diet supports the central nervous system, ensuring that you feel motivated and energetic, both important factors in maintaining mental wellness.
- 3. Get plenty of sleep** – Sleeping gives our bodies a chance to rest and repair. Make sure you get at least 6 - 8 hours of sleep as this will leave your mind feeling fresh and motivated.
- 4. Manage Stress** - Stress is an important part of life in the way it motivates us to meet new challenges and learn new skills (eustress). However, too much stress can have a detrimental impact on your brain and therefore thought processes. Structure your day and make manageable and attainable goals and check them off once completed.
- 5. Connect** – Research has shown that social connectedness is a critical component of building resilience and improving wellbeing. Surround yourself with a positive support network, with people of similar interests and aspirations. Join a social club, focus on your family and relationships (work and personal).
- 6. Avoid Unhealthy Indulgence** – Alcohol and cigarettes should be avoided altogether or kept to a minimum – excessive consumption will take its toll long term on your mental and physical health.
- 7. Take a break** – Read a book, practice yoga or just take some time for yourself – your body will thank you for it later!
- 8. Challenge your brain** – Learn a new skill or try a new hobby. The stimulation will boost your mental alertness.
- 9. Have fun** – Fun and laughter is sometimes the best remedy/medicine – make time for things you enjoy every day. It can help make you feel better.
- 10. Positive thoughts** – Find a way to express your thoughts and feelings – keep a journal, paint a picture and learn to be at peace with yourself. Try to find the good in each situation, even when it seems difficult.

Select 1 or 2 of the above tips and develop some strategies around them so they eventually become second nature. If you are still struggling to boost your mental wellness, don't be afraid to ask for help. Remember our greatest battles are often within our own mind and getting some assistance often provides clarity and comfort.

Call us 24/7: **0800 377 990**

Book online: **ocp.co.nz**

