

SPRING CLEAN

your mental health!

Spring can be known as a time of rebirth, rejuvenation, growth, and blooming – it can naturally make us feel more re-energized and help us feel motivated to “get our house in order”, so too is it a chance to undertake a metaphorical “spring clean” of our mental health and wellbeing!

Here are our top eight tips for spring cleaning your mental health:

1

Set yourself a daily self-care goal.

Learning to prioritise your mental health is important, as when we are mentally healthy we can better cope with the stresses of everyday life. In a general sense, self-care refers to activities undertaken with the intention of enhancing energy, restoring health and reducing stress.

2

Engage in purposeful activities.

Finding meaning and purpose is an important step in creating a mentally healthy life. Having a well-defined meaning and purpose to your life is strongly correlated with better mental health outcomes (especially lower rates of suicidal ideation) and brain function when making complicated decisions. Research shows that purposeful activity produces higher levels of happiness, life satisfaction and general well-being, a greater sense of self, reduced risk for psychopathologies, and greater physical health.

3

Drop an unhelpful habit.

Unhelpful habits that can impact our mental health include physical habits like what we eat, how much sleep we get, how much we exercise, and psycho-social habits like who we socialise with, the way we talk to ourselves and the emotions we give power to. For your mental health spring clean, think honestly about the habits that may not serve you so well. Make an effort to drop the habit and replace it with a healthier option.

4

Tackle projects you've been putting off.

Having mounting unfinished “to dos” on your mind can have a negative impact on our stress levels, in a phenomenon called Procrastination Accumulation Effect. The good news is, ticking off tasks gives us a natural endorphin kick – one of the chemicals our brains use for happiness! Even more of a relief to hear? Even the simple act of making a plan to get them done can relieve our anxiety.

5

Build positive relationships.

We all have people in our lives that we love, but with whom we don't have the healthiest or most enjoyable relationships. Instead of spending time prioritising those people, consider dedicating your time to positive relationships instead. Find those friends that keep you laughing and support you, and nurture those relationships. Past good friendships gone to the wayside? Take steps to revitalise those friendships.

6

Make gratitude a priority.

One great way to promote a healthy mind is to take some time to develop gratitude. With spring bringing the sun, new blooms and warmer weather, now is a great time to refocus on things that make us grateful. Gratitude journaling has been shown a statistically significant reduction in blood pressure, stress level, anxiety and depression and effectively increases happiness.

7

Rejuvenate your physical health.

Regular exercise can have a profoundly positive impact on not only our physical health but our mental health! Studies show exercise can reduce depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.

8

Practice mindfulness.

Spring is a great time to “take stock” of our mental state. Reflecting and being aware of our thoughts and feelings allows us to be better prepared to handle any life stresses and be more in-tuned with ourselves. Mindfulness has many benefits everything from decreased stress and sadness to increased levels focus and happiness, according to general mindfulness research.