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WELLNESS

Daily Tips For Improving Your Mental Health



Maintaining positive mental health is one of the biggest challenges of modern day life. But it's the little things that make a difference, and with these simple tips and tricks from experts across the health and wellness sector, you can incorporate some small steps into your daily routine to stay mentally healthy and happy.

Try Positive Affirmations

"Affirmations are a powerful way to maintain a positive and peaceful state of mind. It's a positive statement that you say to yourself to improve your mental state. They can help short-term for a quick mental and emotional state uplift, and for long-term self-empowerment, strengthening self-belief. Ideally an affirmation is stated first thing in the morning upon waking up to support a positive mindset for the day and can be repeated any time throughout the day as a motivational reminder.

How to create a simple positive affirmation:

1. Always state in the present tense, e.g. 'I am'
2. Add positive words personal to you to complete the statement, e.g. 'strong' or 'calm'

Positive affirmations are said as a statement of fact and truth, and when repeated often they start to rewire the brain and create new empowering self-beliefs." – Jane Bliss Sorrell, [Transformational Coach & Life-Alignment Mentor](#)