

7 Tips for Everyday Mental Wellness

Simple, research-backed practices you can start today.
From your Local 342 Mental Wellness Program.

Slow Your Breathing Down

When stress builds, try breathing in for 4 seconds, holding for 4, and exhaling for 6. This activates the body's natural calming response.



Give Yourself Some Perspective

Ask yourself: will this matter in a week or a year?

Reach Out and Talk to Someone You Trust

Talking through your stressors, even when nothing gets solved, releases hormones that reduce the weight of stress.



Give Your Sleep the Attention It Deserves

Quality sleep, especially REM sleep, is directly linked to lower emotional reactivity and a greater sense of calm the following day.



Move Your Body, Even for 20 Minutes

After just 20 minutes of physical activity, measurable reductions in anxiety have been observed. A walk counts.



Drink more water.

Dehydration affects energy, concentration, and mood, often without us realizing it.

End your day with something you enjoy.

Watch something you like, spend time with a pet, or sit quietly with a cup of tea. Building positive experiences into the end of your day supports emotional balance and gives your mind something good to rest on.