To mark World Mental Health Day, we share some recommended tips for maintaining positive mental health and well-being.

Equipping yourself with strategies to maintain a positive mindset is as important for mental health as exercise is for physical health.

Eight tips to maintain positive mental health

1. **Be mindful and present**
   - Taking time to be mindful and staying present helps reduce stress and negative emotions. Below are some techniques to try:
     - Take mindful breaks.
     - Use deep breathing to reset your mind; close your eyes as you breathe and follow your breath as it moves through your body, this helps focus your mind on your body.
     - Use the 5-4-3-2-1 exercise when you are worried or anxious: name **five** things you can see, **four** things you can touch, **three** things you can hear, **two** things you can smell and **one** thing you can taste.
     - Practice belly breathing; slowly breathe in through your nose (as though smelling chocolate chip cookies) and out through your mouth.

2. **Prioritize self-care**
   - Prioritizing self-care helps manage daily stressors. There are many ways to practice self-care, here are just a few suggestions:
   - Talk to a friend.
   - Take breaks.
   - Use positive self-talk and be kind to yourself.
   - Get adequate sleep and exercise.
   - Release stress through physical or calming activities.
   - Get creative – dance, make art and listen to music.

3. **Name your feelings**
   Recognizing and identifying feelings can help manage emotions. Acknowledge that feelings are temporary and can be managed using various strategies including mindful breathing, taking a walk or doing something you enjoy.

4. **Recognize what you can and can't control**
   Reminding yourself not to dwell on things that are out of your control can help you maintain a positive outlook. Try to focus on things that you can control and not on circumstances that are beyond your control. This can bring perspective and realign your focus.

5. **Practice gratitude**
   Recognizing the things that you are grateful for and writing them down is one way to practice daily gratitude. Start volunteering or do something to help others; showing kindness and helping others can provide a boost to your own mental health.

6. **Take tech and social media breaks**
   Be mindful of screen time – computer, phone, TV, iPad – it all adds up. Pay attention to what you spend time watching or reading as too much of some things, like troubling news or videos can negatively impact your mood.

7. **Hydrate and make healthy food choices**
   Staying hydrated and eating well helps you feel your best. Taking care of your body everyday impacts how you feel both physically and mentally. Have a drink of water and a healthy snack as a reset break.

8. **Ask for help**
   Connecting with others gives you a sense of belonging. Sharing stories, worries and burdens can help you feel less alone and more connected. Reaching out to someone you trust can make a huge difference in your overall well-being.