

# Simple Exercises to Improve Mental Health

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Taking time to manage your mental health is an essential part of maintaining a healthy lifestyle. When you ignore your mental health, you may become overwhelmed with stress from your work and home life. Taking time to keep your mind and emotions in a healthy place, you will feel confident when taking on new tasks. Fortunately, mental health exercises only take a few minutes, or even seconds, to help you stay balanced and focused throughout your day.



Take deep and conscious breaths. Deep breathing is a simple and efficient way to reduce your stress levels and regain control in your mind. When you start feeling overwhelmed at work or in any other environment, sit down and take a few deep and conscious breaths. Breathe in until you feel your diaphragm expand and then slowly let out your breath. You can focus on breathing by slowly counting to five or ten while you take a breath in and then counting to five or ten while you exhale.

Meditate at your work desk. Meditation is not necessarily a time-consuming exercise, but it has a wealth of benefits for your mental health. When you have limited time and you want to clear your mind, take a few minutes to meditate at your desk. Close the door and use a meditation phone app to work your way through breathing exercises that help you regain your focus. If an app for the meditation is not available, must sit down and take a few calming breaths. You can focus on an object on your desk or you can close your eyes and turn your focus inward.

Stand and stretch.

When you work in an office environment, you may have a limited opportunity to move and exercise throughout your day. That can raise concerns about your physical and mental health because it makes you feel trapped, annoyed or cuts into your focus. A simple way to cut through the challenge of staying focused throughout your day is simply standing up and stretching on a regular basis. Ideally, you want to stand up every half hour or minutes for a short time period. The stretching will keep your circulation moving and standing breaks up the monotony of your day.

Engage with others.

It is not always possible to socialize at work, but you do want to take a few minutes to engage with others throughout your day. Social interaction is a key part of your mental health. Since humans are naturally social, you do not want to pull away from others when focusing on a project or working on a task. Instead, greet your co-workers in the morning and take a few minutes to talk during your breaks. You may discover that others give you insights that you previously overlooked or simply give you a new perspective that helps you overcome challenges in your projects.

### Listen to music.

Music is a powerful way to instantly improve your mood and mindset. Put on a favorite upbeat song or listen to relaxing classical music when you start to feel a bit overwhelmed or stressed. You can put music onto your phone for access at any time and listen to a few songs during your break.

### Take a moment to laugh.

Laughter is a powerful way to instantly boost your mood. When you laugh or smile, it makes you feel happy and energetic. Even when you fake a smile or laugh, it has a positive impact on your mood and mindset.

### Make your goals realistic.

Setting a goal gives you a focus, but it can also cause stress when it is not attainable. Focus on setting realistic goals that give you enough time to accomplish a task. Ideally, you want a clear path that has a time line you can accomplish, but not so much time that it allows you to procrastinate. For example, if you know that a task needs at least one week, then give your self a week and do not set a goal of finishing the task in three days. Get realistic goals you can accomplish. <https://careersinpsychology.org>