

- Health

Boosting Your Mental Health Amidst COVID

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The COVID-19 pandemic has caused a dramatic rise in our stress and anxiety levels. On top of that, we're also struggling to cope with new ways of learning and connecting to our friends. If you're particularly feeling anxious and depressed, here are some ways you can improve your mental health:

1. Eat healthy. A good diet has been proven to decrease symptoms of depression and fatigue. It also boosts your mood, energy level, memory and overall brain function.
2. Get enough sleep. Lack of sleep can cause you to feel tired, unfocused and overwhelmed. Your body is unable to produce enough serotonin and dopamine to fight off stress, anxiety and depression.
3. Be active. Regular exercise has been proven to reduce symptoms of anxiety and depression, and improve mood and blood circulation. Even walking for 30 minutes a day can help maintain clarity and focus.
4. Build a strong support network. Reaching out to your friends and family can help you overcome feelings of isolation. Stay in touch with them and help them feel supported as well. We all need each other during these times.
5. Find a hobby. Whether its painting, walking, or reading, take time to step away from your busy life and focus on a hobby or activity you love and enjoy. This provides clarity, calmness and a much-needed break.
6. Disconnect from negativity. Social media can actually contribute to our stress. Limiting exposure to these can help decrease anxiety.
7. Reward yourself. Recognize your value and worth, especially when you reach certain goals. The reward doesn't have to be huge, it can be as simple as your milk tea from your favorite milk tea place, or a slice of your favorite cake.
8. Be grateful. Try regularly writing down the things you are grateful for. Maybe it's someone you are happy to have in yourself, or something nice someone said to you. When you start to feel stressed, read your journal and remember all the positive things you have in your life. People who are express gratitude regularly are shown to be happier overall, with lower levels of stress and depression.

If you or someone you know is suffering from anxiety or depression, please reach out to someone. During these uncertain times, it doesn't cost much to be kind, may it be to others, or to yourself.