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## Self-care is the way to go

### How to thrive in mental wellness

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Often when things get so busy, we tend to neglect our own needs. This leads to a burnout of sorts or, worse, a



#### Prioritize your needs

Self-care makes or breaks our mental wellness. Always make sure you find time to take a break from things to dedicate time to activities that spark joy, relaxation, and rejuvenation. Perhaps choose to sleep in on a free day or engage in a physical activity to keep the blood pumping. Finding a hobby will also help in reducing stress and enhancing your well-being. melancholic feeling of not wanting to do anything. To ensure that our lives never get to that level, we need to focus on our mental wellness. Here are some self-care tips to make sure you treat yourself right.

#### Find time to socialize

Even introverts have a need to interact with their closest friends! Keeping to yourself for long periods can be damaging to your mental health as we are wired to be around others. Hit up a friend you haven't talked to in a while and reconnect. As they say online, go outside to touch the grass and crack open a cold one with your pals!

#### Meditation is key

Mindfulness and meditation are powerful tools for nurturing mental wellness. These practices encourage being present in the moment, calming the mind, and reducing stress. Exercises like yoga and Pilates are a great way of clearing your mind and keeping your body active.

#### Time for a digital detox

Keeping our eyes glued to the screen might be appealing to pass the time but it can also be harmful if done too long. Social media often has us viewing the best parts of other people's lives. This might lead us to think we aren't doing things right if others appear to be enjoying more than we are. When you start to feel like this, it's best to take some time off social media. Engage in activities that do not involve screens, allowing your mind to rest and recharge.

Your mental health is everything— prioritize it. Make the time like your life depends on it, because it does. — Mel Robbins

#### Think positive

To be healthy in the mind, one must be free of problems. But to be free from problems, you need to look at the brighter side of life. Mucking about on the downside of things will only discourage you from being your best self. If life kicks you down, remember to kick back harder!

#### Seek professional help

Therapy goes a long way. Sometimes there are problems within us that need professional help, and there's no shame in that! Seeing a therapist or a counselor allows us to get a different view of our life. Often they'll give us ways to cope, tools for managing stress, and most importantly a safe space to vent about our troubles.