- Mental health

Three ways to improve psychological well-being

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PSYCHOLOGICAL well-being is considered a core aspect of mental health.



Psychotherapist Amy Morin, LCSW highlighted that persons with higher psychological well-being are more likely to live and enjoy healthier and longer lives.

They experience fewer social problems and can cope better with stress. They adapt more easily to setbacks and changes and have lower disease and mortality risks.

“Psychological well-being is a key part of feeling happy and being able to function dayto-day,” she explained.

Morin, a licensed clinical social worker, however, noted that it is more than just “finding pleasure” or “feeling good”.

“It takes what is known as a eudaimonic perspective, which stresses the importance of things like personal growth, purpose, meaning, and selfrealization,” she added.

To guide the general public, the bestselling author of five books on mental strength championed the significance of developing healthy habits.

“Start small and try practicing one or two strategies, such as writing down a few of your strengths or happy memories,” she expounded. “Over time, you will see the effects that these practices have on your positivity and overall mental health,” she added.

Echoing Morin, the experts from the Benilde Well-Being Center (BWC) of the De La Salle-College of Saint Benilde (DLS-CSB) rounded up her tips published on the award-winning platform Verywell Mind and medically reviewed by psychiatrist Carly Snyder, MD, the director of Women’s Health for telemedicine services Family Health Associates.

Here are the ways to function and feel better:

Create purpose

Live with meaning. Think about the impact you want to leave. Establish the objectives to achieve these goals. It does not have to involve changing the world. You may choose to be kind every day. Adopt pets, or advocate for those who are hurting. Encourage others to take care of the environment.

Think positively

Devise a plan on how to live your best life. Recall the best memories. Recognize the good things. Write down what you are grateful for. Be reminded of the fullness life has to offer. Give yourself something to look forward to.

Perform acts of kindness to release endorphins and oxytocin – the feelgood hormones. Forgive and let go of past hurt and anger. Practice mindfulness to help manage stress and reduce anxiety and depression. Remind yourself that you are capable.

Foster relationships

Loneliness takes a serious toll on emotional and physical health. Strong social support is essential. Form deep connections with other people. Social media may be a good way to keep in touch. However, there is no real substitute for the benefits of face-to-face contact. Eat dinner with your family. Have coffee with a friend. Reach out to old laps. Get acquainted with your neighbors. Join community activities.