

Prioritizing Your Mental Health

A Patient Education Guide





What is Mental Health?

Mental health is an important part of your overall health. It affects how you think, feel, act, handle stress, relate to others, and make decisions.

Mental health ranges from:

- Flourishing – strong support, healthy relationships, resilience
- Moderate – occasional stress, sadness, self-doubt
- Struggling – anxiety, poor relationships, addiction risk
- Disorder – panic attacks, self-harm, suicidal thoughts

Mental health and physical health are closely connected. When one suffers, the other is often affected.



Why Mental Health Matters

Good mental health:

- Improves mood
- Reduces stress
- Improves sleep
- Lowers depression risk
- Improves productivity
- Strengthens relationships



Signs You May Need a Mental Health Break

- Skipping meals
- Staying in bed excessively
- Avoiding friends/messages
- Easily distracted
- Irritable mood
- Wanting to be alone
- Trouble sleeping
- Loss of enjoyment
- Feeling overwhelmed

If these symptoms continue, consider speaking with a healthcare professional.





Daily Habits That Support Mental Health

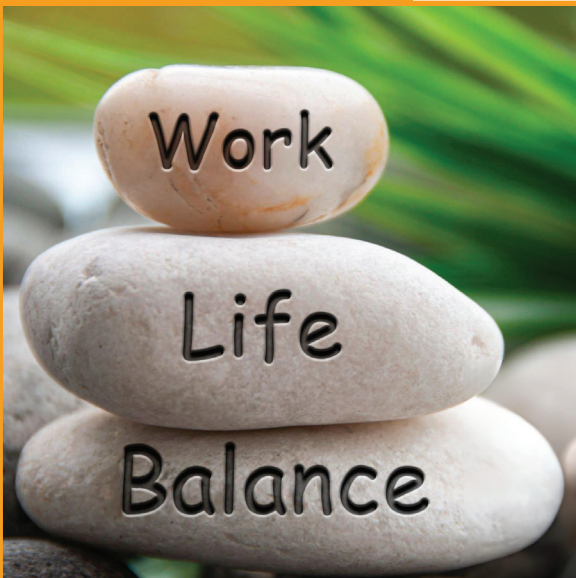
- Eat healthy foods
- Drink enough water
- Exercise regularly
- Sleep well
- Stay organized
- Do something creative

Improve Your Sleep

Good sleep improves emotional stability and concentration.

Helpful habits:

- Go to bed and wake up at the same time daily
- Create a calm sleep environment
- Avoid screens at least 1 hour before bed
- Limit caffeine
- Exercise regularly
- Avoid heavy meals before sleep
- Practice relaxation before bedtime



Maintain Work–Life Boundaries

Try to separate work time from personal life.

- Disconnect after work hours
- Avoid checking work messages constantly
- Allow time for rest and family

Healthy boundaries reduce burnout and stress.

Manage Your Time

- Avoid overscheduling
- Give yourself enough time
- Set realistic limits
- Learn to say “No”

Take Short Breaks

Even a 30-second break can:

- Improve concentration
- Reduce stress
- Increase productivity
- Prevent mental exhaustion

Small breaks throughout the day are important.



Invest in Relationships

Strong relationships help during both good and difficult times.

Make time for:

- Family
- Friends
- Supportive communities

Connection is a powerful protective factor for mental health.

Practice Emotional Ventilation

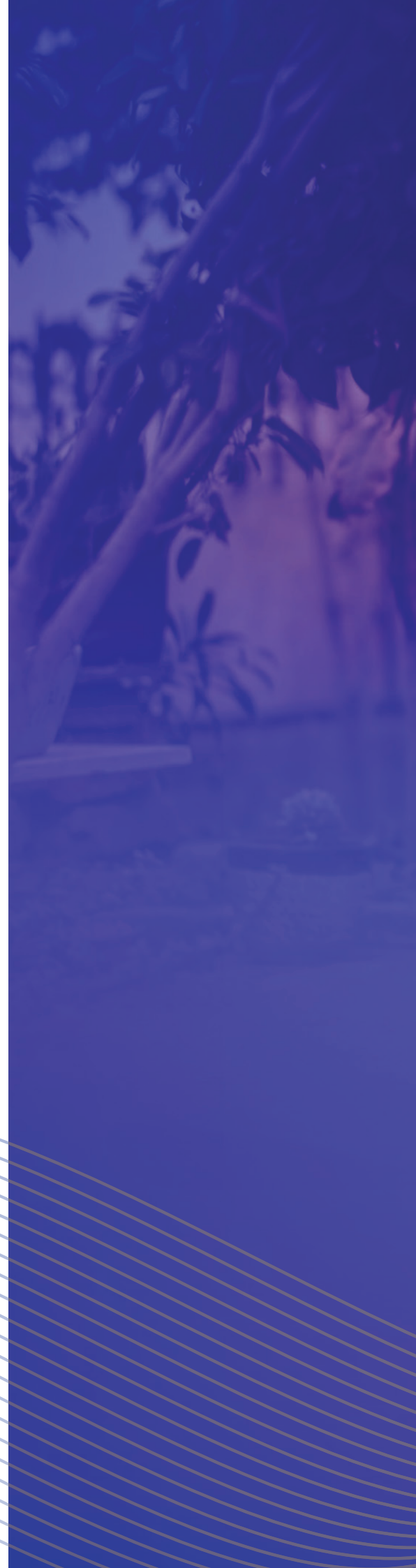
- Talk to someone you trust
- Write thoughts down in a piece of paper, tear it after writing and discard it.
- Express emotions through healthy outlets

Practice Mindfulness - Practice for 5-10 minutes daily.

- Sit comfortably with spine straight
- Close your eyes, focus your attention on your breathing
- Breathe in slowly
- Breathe out slowly
- Focus on breathing
- Let thoughts pass without judgment

Mood-Boosting Activities

- Listen to music
- Laugh regularly
- Do a good deed
- Practice self-compassion
- Use positive self-talk





Final Message

Celebrate your life each day. Take care of your mind just as you take care of your body.

Invest in Relationships

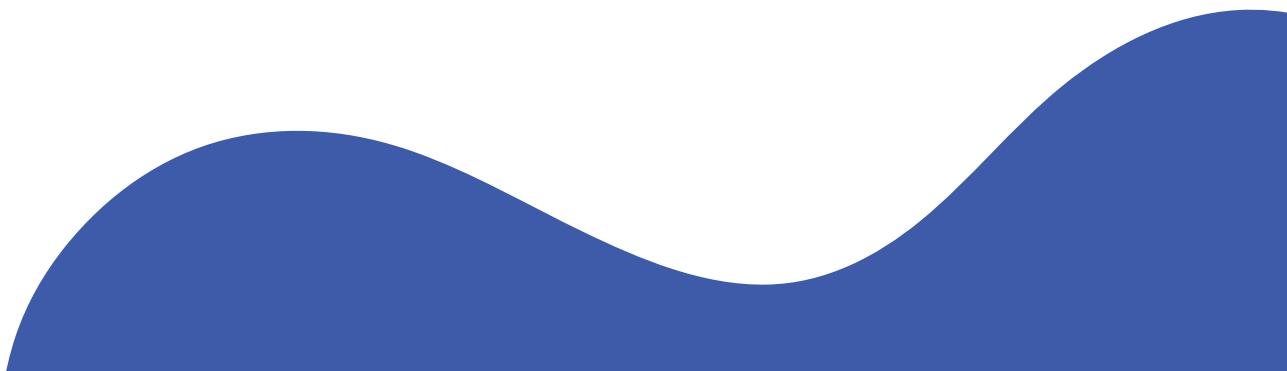
Seeking help is a sign of strength.

You can talk to:

- A trusted friend
- Family member
- Doctor
- Mental health professional

Early support prevents bigger problems later.

Book Your Appointment Today with Our Psychologists  **044 6666 7777**





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