



Ben NEMTIN

MENTAL HEALTH TOOLKIT



WELCOME

If you find yourself feeling down or stuck, here are a few ways to pick yourself up and optimize your wellbeing. Think of this as your Mental Health Toolkit, an assortment of habits designed to boost your spirits and performance.

Everyone's toolkit is different, so it's important to try different habits until you find out what works for you. This kit includes a few ideas to get you started building your own.



TALK WITH SOMEONE YOU LOVE *(OR A THERAPIST)*

Your struggles can be much scarier in your head. When you talk about them, you allow others to help you and you often feel better once you've shared.

TIP

Remember, it might take a few tries to find a therapist that you connect with. It's okay if it's not a fit at first. Don't get discouraged. You can ask friends for referrals or you can check out online solutions like *Talkspace*.

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SURROUND YOURSELF WITH PEOPLE WHO INSPIRE YOU

These are people who give you energy vs drain your energy. They believe in your dreams, don't cut you down, but also aren't afraid to be honest.

TIP

If you have a friend who inspires you, hang out with their friends, too. Like-minded people tend to stick together.



HELP SOMEONE ELSE

This gets you out of your head and creates a meaningful connection with someone else.

TIP

This doesn't have to be a life-changing gesture, small acts of kindness can create large positive ripples.



8 HOURS OF SLEEP

Sleep is as important to our health as eating, drinking and breathing. It allows our bodies time to rest and repair. It also allows our brains to consolidate our memories and process information.

TIP

Try earplugs or an eye mask to help you sleep, or meditation if you can't fall asleep.



CHECK AN ITEM OFF YOUR LIST

This creates a sense of purpose and unlocks your creativity. It can help create a sense of momentum that helps you get more done.

TIP

Increase your chances of success by sending weekly progress updates to an accountability buddy or by joining forces with someone to check it off together.



TRY MEDITATION

Meditation quiets the monkey mind
and relieves stress and anxiety.

TIP

Try free apps like *Headspace* or *Calm*, or put on some headphones, close your eyes, and just listen to a song you love. There are many forms of mindfulness.



EXERCISE

This releases the happy chemicals dopamine and serotonin and helps you shed negative emotion.

TIP

Just like brushing your teeth in the morning, do *5-10 minutes of exercise* (pushups, situps, or a plank) in the morning. One of the best ways to build a new habit is to identify one you already do daily and then stack your new behavior on top. This practice is called *habit stacking*.



24-72 HOUR DIGITAL DETOX

Take a break from social media and/or the news. When you come back to social media, try to only focus on accounts that bring your joy and happiness. When you come back to the news, try to focus on issues that are important to you and a plan to take action.

TIP

Deactivate your most used social app (if you have one) for a week. See what life's like without it. You can always bring it back.



NATURE

20 minutes in nature is proven to improve mental health. It's called "forest bathing" in Japan, and doctors prescribe this to tackle stress and other mental health problems. Hugging trees, listening to bird songs, and kicking through leaves can all boost mental health.

TIP

If you can't get into nature, bring nature indoors and buy plants for your home.



GRATITUDE

Identifying something you're thankful for changes the chemistry in your body. Typically we focus on what's wrong and we overlook what's going right. Take some time to reflect on all the good things your life, be it a good cup of coffee or a long overdue catch-up with a friend.

TIP

Write down one thing that you're grateful for before you go to bed and one thing you're grateful for each morning. Your thoughts create your feelings, don't overlook the good in your life.

REMEMBER:

We all need to take care of our mental health. If you ever need support, you can text Crisis Text Line or call the National Suicide Prevention Lifeline.

Crisis Text Line

Text "HOME" to 741741

Suicide & Crisis Lifeline

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