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This article is about 'improving your mental wellness.'

While our articles often focus on psychological disorders, such as anxiety, depression and Posttraumatic Stress Disorder ... this article focuses on how to keep yourself mentally well. Read on to find out more about nine things you can do to improve your mental wellness.

And don't forget, our last article was the second part of a 2-part article about Pathological Narcissism – "It's All About Them!". Click [here](#) to find out 10 ways to know you're in a relationship with a narcissist, and to access all our previous

9 Ways To Keep Yourself Mentally Well

**By Amanda Pulford
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Mental wellness is more than just the absence of mental illness. Mental wellness refers to a holistic approach of integrating mind, body and spirit. It is a proactive way of living that focusses on our optimal health and well-being. Mental wellness is also when we're consciously working on the goal of living life more fully. Finally, mental wellness requires self-awareness, self-understanding and self-compassion for a healthy balance in all areas of our lives. Read on below for nine tips to build mental wellness.

AWAKEN PSYCHOLOGY

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1. **Foster Good Relationships :** Having good relationships with other people is the most important factor contributing to a sense of wellbeing. This can include family, friends, workmates and others in the community. Good relationships require an investment of time and energy, but they lead to great benefits for everyone involved.
2. **Find Purpose :** Finding purpose (regardless of how big or small you think that might be) creates a sense of direction, and can help us purposefully live our lives. However, purpose often isn't found through an existential experience. Finding purpose generally means taking steps towards what we want, and removing those things life that we don't want.
3. **Be Physically Healthy :** Research shows that exercise increases wellbeing, and in turn it can reduce symptoms of depression and anxiety. Further, good physical health is linked to better mental health, so eating healthily, avoiding excess alcohol or drugs, and sleeping well can all help.
4. **Be Grateful :** Expressing gratitude has also been shown to increase mental wellness. Try counting your blessings, saying "Thank you" more often, or even keeping a Gratitude Journal (write down three things each day that you're grateful for).
5. **Use Your Strengths :** Find out what you're really good at, and use those talents to increase your wellbeing. Using your strengths to help others or contribute to the community creates a sense of purpose and meaning.
6. **Be 'In The Zone' :** Being 'in the zone' or 'in flow' is when we're completely absorbed in something to the point that we lose the sense of space and time. This can happen during work, doing hobbies, sports or creative arts. Find your flow.
7. **Give To Others :** No matter how small the contribution, giving to others or the community increases social wellness. You can find this through meaningful work, volunteering, helping a neighbor or performing small acts of kindness. Pleasant events can lead to positive emotions, which in turn can cancel out negative feelings.
8. **Connect With Something Bigger :** For some people, being involved in spiritual or religious practices improves wellness. These practices can also help us cope with stress, and reduce symptoms of mental illness. Consider belonging to a faith, maybe meditating, participating in yoga or Tai Chi, or even practicing mindfulness.
9. **Reach Out :** Most importantly, if you don't feel you're mentally well, that you're struggling to feel happy, cope with life, find meaning or feel connected, seek help. You can speak with your GP, a mental health professional, or even a trusted friend.

If you would like some help to reboot your mental wellness, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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