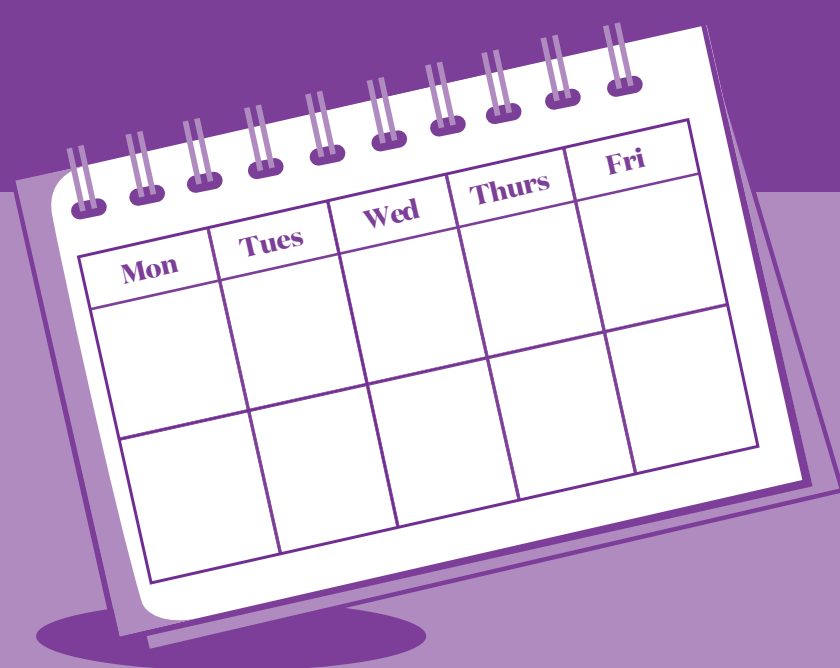


Everyday habits for better mental health

Seven tips to help relieve stress and anxiety



#LetsTalk

We've focused on the essential roles of sleep, nutrition and exercise in helping to reduce stress and anxiety. But, did you know there are other things ... simple things ... that can be done to improve mental health? Here's a handful of powerful mental habits that evidence suggests can help keep stress and worry at bay.

1

Laugh more. Yes, laughter feels good, but it also helps with learning, short-term memory and ... yes, it helps reduce stress levels. So, try laughing out loud ... even when you're alone.

2

Hang out more. Spending time with friends and having a strong social life can help counteract stressful times and lower anxiety levels. Why not give a friend a call just to say "hello" or invite someone to lunch.

3

Be more grateful. Gratitude may help relieve stress and anxiety by focusing on positives. Try keeping a gratefulness journal, thank someone for something nice they did or simply look for silver linings.

4

Say "no" more. Control stress and anxiety by not taking on more than you can handle. When juggling too many responsibilities leads to feeling overwhelmed, consider saying "no" to things that will unnecessarily add stress and anxiety.

5

Give back more. Whether it's volunteering, helping a friend or even just holding a door for someone, giving back helps reduce anxiety and increase positive thinking.

6

Keep learning. Picking up a new skill, indulging in a hobby and applying yourself to learning about a new subject can give you a sense of achievement, accomplishment and purpose.

7

Get out there. Going for a walk or playing games outdoors can give you the benefit of enjoying yourself while raising your heart rate and getting some fresh air. It can also enable you to get some perspective on life.

Help for healthier living

Whether you're an individual looking to improve your health and wellness with self-care resources, or an organisation taking steps to help build a more resilient workforce, there are programs and resources that can help.

Our private medical insurance and well-being benefits support self-care as well as sick care. We focus on holistic health – mental and physical wellness. We believe that healthy, happy individuals are more fulfilled and productive.

Sources:

<https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>
https://www.heart.org/-/media/aha/h4gm/pdf-files/fightstressinfographic_bewell.pdf?la=en&hash=352EF2206AA477DA2A07CF6573EFCE5DC49B718B
<https://namimc.org/11-things-daily-mental-health-can-stay-balanced-happy/>