

A Guide To Maintain Your Mental Health



Abstract

Mental health is a widely discussed concept, these days. You might notice discussions about mental health online, in conversation, on your favorite show, or any number of other places. In this guide, we are going to discuss detailed info about how to maintain your mental health.

Let's get started...

1.Introduction

"Mental health is about the functionality of your brain and all that impacts it," says expert.

In a nutshell, mental health includes your psychological and social well-being. It also encompasses your emotional health, or your ability to name, address, and regulate your emotions.



Many factors play a part in mental health, some of which you can't control, such as genetics, life experiences, and family history.

The ability you have to influence your mental health is key, because your mental health matters, quite a lot.

Keep reading for detailed info...

2. Daily Habits to Boost Mental Health — and Signs It May Be Time to Get Support

What makes mental health so important?

Mental health helps determine how you handle stress, relate to others, and make choices, explains experts.

Caring for your mental health can lead to:

- improved mood
- reduced anxiety
- clearer thinking
- deeper relationships
- improved self-esteem and confidence

Nurturing your mental health can also help you manage health conditions that are worsened by stress, like heart disease, says expert.

Your mental health can impact everything about your life, expert says, including the ways you view and move through the world and your ability to handle the things life throws at you.

That's why building habits for better mental health can make a big difference in your day-to-day life.

Not sure where to start? You'll find 8 strategies to promote improved mental health below, along with some guidance on seeking professional support.

1. Get restful sleep

Sleep isn't just a nonnegotiable for physical health. It also plays an essential role in mental health.

According to a study, The researchers found that people who averaged 6 hours of sleep or less per night were about 2.5 times more likely to report frequent mental distress than those who averaged more than 6 hours of sleep.

The quality of your sleep matters, too: Disrupted sleep can contribute to mental health symptoms.

To get enough high quality sleep, try starting with these habits:

- Avoid caffeine after 3 p.m.
- Try to wake up and go to sleep at the same time every day.
- Make your bedroom into a quiet, relaxing, clutter-free space.
- Aim to keep the temperature in your bedroom somewhere around 65°F (18.3°C).

Healthy sleep habits can be harder to build on your own if you have a sleep disorder.



If you think your sleeping issues may relate to a sleep condition, a sleep specialist can offer more information about helpful evidence-based treatments, like cognitive behavioral therapy for insomnia.

Know, too, that mental health concerns can also lead to poor sleep. So, changes to your sleep environment and nighttime routine might not make a lasting difference. If you don't notice much improvement, connecting with a therapist may be a helpful next step.

2. Cut back on social media

“Constantly consuming information about other people’s lives may cause someone to compare themselves and promote feelings of low self-worth, which increases feelings of anxiety and depression,” says expert.

To spend less time on social media, try to:

- keep your phone in a drawer or outside your bedroom while sleeping
- make a list of alternate, more meaningful activities to replace your usual scrolling sessions
- turn off notifications or delete social apps from your phone

3. Strengthen your relationships

Humans are social creatures, and strong relationships can have a positive influence on your mental health in various ways.

Friendships, for example, can:

- ease feelings of loneliness
- make it easier to get emotional support
- add meaning to your life

You have plenty of options for cultivating positive connections and nurturing your friendships:

- Keep in touch by checking in regularly, even with just a quick text or funny meme.
- Meet up for a morning walk or breakfast.
- Call for a short chat during your lunch break.
- Schedule biweekly or monthly dinner dates.

Making a point to catch up when you do spend time together can make a difference, too. Research from 2018 suggests catching up and joking around in person predicted closer bonds above and beyond the number of hours participants spent together.

4. Move your body on your own terms

Exercise offers a range of mental health benefits, including:

- relieving stress
- lifting mood
- helping you fall asleep faster and sleep longer
- helping you manage symptoms of depression and anxiety conditions

Movement can involve something different for every person, and it doesn't have to mean going to the gym — unless you genuinely want to. Instead, make movement enjoyable for you by opting for physical activities that work best for your body, health, and preferences.

To get started, experiment with a range of physical activities and keep doing the ones that resonate with you.

Enjoyable movement could include:

- joining a running or walking club
- taking a slower-paced restorative yoga class
- trying seated exercises
- throwing a dance party
- taking stretching breaks every hour
- gardening or doing other work in your backyard
- a weekend family hike or walk along the beach

In other words, you don't have to do a vigorous workout to support mental wellness.

“Taking a few minutes to stretch can make a huge difference for your overall mental health. Stretching will help with blood flow and get more oxygen through your body, which can help you feel more relaxed and happy,” says experts.

5. Savor nutrient-rich foods

Certain foods can also affect your mental health. To support improved mental health, try expanding your current diet to include foods packed with mood-boosting nutrients like:

- berries
- bananas
- beans
- whole grains
- fatty fish, like salmon

It can also help to simply make sure you fuel your body every day — eating anything is better than eating nothing.

Drinking plenty of water throughout the day can also have benefit. “When you’re dehydrated, you’re denying your brain and body the nutrients needed to survive and operate at a more optimal level,” expert notes.

Certain foods, namely alcohol, caffeine, refined carbs, and added sugars, may worsen anxiety symptoms. So, limiting these foods could help ease some of your symptoms.

6. Know when to take it easy

On difficult days, you might find it tough to do any of the above, which might make you feel even worse.

At times like these, Davis encourages turning to compassionate, more accessible strategies, like:

- creating a hygiene kit when you can’t shower — think dry shampoo and cleansing body wipes
- setting a timer to clean something for just 5 minutes
- buying a prepackaged meal when cooking anything feels close to impossible

A similar approach you can try? Commit to taking one small step every day.

“Whether it’s making your bed, drinking one glass of water in the morning, or writing in a journal, making this daily promise to yourself will help to eventually become a habit, and you will begin to feel empowered,” expert explains.

7. Make time for rest

While what constitutes “rest” may vary from person to person, it generally means giving your mind and body the opportunity to unwind and restore.

Do you find it challenging to relax and feel rested?

Expert recommends the following steps:

- Lie on your back with your hands by your sides. Spread your feet apart — the distance of your hips, or a bit wider.
- Think of being relaxed, yet present. You feel calm, but still aware.
- Bring your attention to your physical body and then to your breath.

- On an inhale, imagine a slow-moving wave entering from the soles of your feet and traveling to the crown of your head.
- On the exhale, visualize a slow-moving wave traveling from the crown of your head back down to the soles of your feet.
- Feel your body become heavy, and stay with this relaxed present awareness for 10 to 30 minutes.

Only have a few minutes to relax? Expert suggests these quick restorative practices:

- Put both hands over your heart, close your eyes, and take several deep breaths, feeling the warmth and comfort of your touch.
- Breathe in for 2 counts and breathe out for 4 counts for 12 cycles.

8. Get some sunshine

“The sun is a great source of vitamin D, and studies show it can improve attitude and mood,” says expert.

Your outdoor time doesn’t have to be long, either. As expert notes, “Five minutes of blue skies can do your mind and your heart some real good.”

Stuck inside all day? If you have several minutes, expert recommends:

- taking a quick walk
- sitting in your backyard
- standing outside breathing in the fresh air

Or, try these options:

- open the window near your desk
- suggest taking a work meeting outside
- eat lunch at a nearby park
- exercise outdoors

When to reach out

The strategies above can help improve mental well-being, but they can’t “cure” any mental health conditions.

To put it another way, making changes in your habits may not always relieve persistent mental distress. Working with a therapist, however, can be a particularly powerful way to improve mental health.

You can consider professional support at any time. You don't need to have depression, anxiety, or any specific mental health symptoms to benefit from therapy.

That said, reaching out becomes particularly important if:

- you've experienced a stressful or traumatic event
- you feel more upset, anxious, or sad than usual
- you frequently feel agitated, irritable, or angry
- your motivation has tanked
- you've noticed changes in your appetite and sleep patterns
- you often find it difficult to get through the day
- you feel stuck or overwhelmed
- you're using alcohol or other substances more than usual or turning to other unhelpful coping behaviors

Your mental health plays a pivotal role in your quality of life. Many of the factors that can affect mental health remain beyond your control, but adding beneficial habits to your days can promote greater wellness.

3. Wellbeing

About wellbeing

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

Factors that influence wellbeing

Every aspect of your life influences your state of wellbeing. Researchers investigating happiness have found the following factors enhance a person's wellbeing:

- happy intimate relationship with a partner

- network of close friends
- enjoyable and fulfilling career
- enough money
- regular exercise
- nutritional diet
- enough sleep
- spiritual or religious beliefs
- fun hobbies and leisure pursuits
- healthy self-esteem
- optimistic outlook
- realistic and achievable goals
- sense of purpose and meaning
- a sense of belonging
- the ability to adapt to change
- living in a fair and democratic society.

Factors are interrelated

The factors that influence wellbeing are interrelated. For example, a job provides not just money but purpose, goals, friendships and a sense of belonging. Some factors also make up for the lack of others. For example, a good marriage can compensate for a lack of friendships, while religious beliefs may help a person come to terms with physical illness.

Wealth is not the key

Money is linked to wellbeing because having enough money improves living conditions and increases social status. However, happiness may increase with income but only to a point.

Many people believe that wealth is a fast track to happiness. But it's not true. Various international studies have shown that it's the quality of our personal relationships, not the size of our bank balance, which has the greatest effect on our state of wellbeing.

Believing that money is the key to happiness can also harm a person's wellbeing. For example, a person who chooses to work a lot of overtime misses out on time with family, friends and leisure activities.

The added stress of long working hours may also reduce a person's life satisfaction. Research shows that people who chase 'extrinsic' goals like money and fame are more anxious, depressed and dissatisfied than people who value 'intrinsic' goals like close relationships with loved ones.

Wellbeing can be elusive



Wellbeing is important, but seems a little hard to come by. One American study into mental health found that, while one in four respondents was depressed, only one in five was happy – the rest fell somewhere between, neither happy nor depressed. An Australian consumer study into wellbeing showed that:

- 58% wish they could spend more time on improving their health and wellbeing.
- 79% of parents with children aged less than 18 years of age wish they could spend more time on improving their health and wellbeing.
- 83% are prepared to pay more money for products or services that enhance their feelings of wellbeing.

Measuring national wellbeing

Measuring wellbeing in a population is difficult because the interpretation of wellbeing is so subjective – how you feel about your life largely depends on the

way you see it. Like the saying goes, one person's problem is another person's challenge. Australian researchers try to measure wellbeing to keep tabs on living conditions. A typical approach to measuring wellbeing is to count the number of individuals affected by a particular factor.

For example, it is helpful to keep track of how many people:

- Have cancer.
- Are single, married or divorced.
- Exercise on a regular basis.
- Smoke or drink.
- Are on unemployment benefits.
- Are victims of crime.
- Are unable to read or write.

Keeping track of a population's wellbeing helps governments to decide on particular policies. For example, knowing the average weekly income of a population helps to set the 'poverty line', which may then influence decisions on social welfare reform.

Results depend on what is measured

Survey results tend to differ depending on what was measured. For example, an Australian survey of young people found that eight in every 10 reported feeling satisfied with their lives, including how they felt about their work, studies, income and relationships. However, this positive picture is contradicted by another survey, which found that about half of all young Australians are grappling with a difficult problem such as depression or alcohol abuse. Wellbeing is an unclear concept that is hard to pin down with graphs, charts and statistics.

How to achieve wellbeing

- Develop and maintain strong relationships with family and friends.
- Make regular time available for social contact.
- Try to find work that you find enjoyable and rewarding, rather than just working for the best pay.
- Eat wholesome, nutritious foods.
- Do regular physical activity.

- Become involved in activities that interest you.
- Join local organisations or clubs that appeal to you.
- Set yourself achievable goals and work towards them.
- Try to be optimistic and enjoy each day.

4. The Relationship Between Mental Health and Cleaning



When some people are feeling overwhelmed or stressed out, they might try yoga, mindfulness, or even a massage, but for others giving the shelves a quick dust, wiping down the kitchen, or even organizing the closet is just as beneficial for their mental health as using a mindfulness app.

In fact, for some people the simple sight of a clean and organized home can help them unwind and de-stress even after an overwhelming day.

Here's a closer look at the impact of cleaning on your mental health, including the benefits of cleaning and how to incorporate a cleaning schedule into your life.

Negative Impact of Clutter and Mess

Keeping your home clean and engaging in the cleaning process is good for you. In fact, research shows that cleaning—or the lack of cleaning—can have a direct impact on mental health.

Clutter May Lead to Decreased Focus, Confusion, and Tension

Meanwhile, a study by Princeton University researchers discovered that clutter can make it difficult to focus on a particular task. More specifically, they discovered that a person's visual cortex can be overwhelmed by objects not related to a particular task, making it harder to focus and complete projects efficiently.

In some ways, clutter and mess is linked to negative emotions like confusion, tension, and irritability while an organized home tends to produce more positive emotions like calmness and a sense of well-being.

Clutter and mess can create more stress and anxiety, but by cleaning, organizing, and reducing the clutter, people are able to take control of their environment and create a more relaxing environment that helps them focus better on the more pressing issues in their lives.

Benefits of Cleaning and Decluttering

Research has found that cleaning can have a number of positive effects on your mental health. For instance, it helps you gain a sense of control over your environment and engage your mind in a repetitive activity that can have a calming effect.

It also has been found to improve a person's mood as well as provide a sense of accomplishment and satisfaction. There are a number of reasons why cleaning can help you destress. Here's an overview of some of the benefits of cleaning and decluttering your home or office.

Gain Control of Your Environment

When people feel like their life is out of control or they are struggling with some uncertainties, cleaning can be a way to assert some control in their life. Cleaning gives people a sense of mastery and control over their environment.

What's more, clutter and disorganization can be really distracting and make it hard to focus or complete other projects and you can start to feel stuck in a rut. So, if you're feeling an urge to clean and declutter when you're stressed, your mind and body is probably looking for a way to bring some order to your environment.

Improve Your Mood

Aside from the benefits of having a cleaner home, the relationship between a clean house and mental health can help you reduce your anxiety.

What's more, studies have found that having clean sheets and making your bed are associated with a better night's rest. And, when you get more rest, that provides a whole host of mental health benefits including an improved mood.

Increase Your Focus

When your home is cluttered, messy, or exceptionally dirty, the chaos that the mess creates can impact your ability to focus. The clutter also limits your brain's ability to process information. In fact, researchers have discovered that people are less irritable, less distracted, more productive, and better able to process information with an uncluttered and organized work area.

If you're having trouble focusing on a project, you may want to try decluttering your workspace first. You might find that devoting just a few minutes to organizing your things and clearing away any mess may make it easier for you to concentrate and get your work completed.

Limiting the number of possessions you own can have the same impact because it reduces the number of things vying for your brain's attention.

How to Incorporate Cleaning Into Your Life

Whether you are struggling with depression, have a new baby, or just have a chaotic life, the concept of cleaning and decluttering can seem like an overwhelming task that is simply outside of your reach right now. In fact, many people wrestle with whether or not cleaning should be a priority.

But, knowing that having a cleaner environment will help improve your mood and make your life more peaceful, it might be worth pursuing. Here are some ideas on how to incorporate cleaning into your life.

Start Small

Most people put off cleaning because the task seems way too big to tackle. But instead of expecting to get the entire house into order in one weekend, start small and do just a little bit each day. In other words, commit to doing one thing around your house or apartment each day and before you know it, your environment will be much cleaner and less stressful in no time.

For instance, pick one thing you want to do each day and then follow through. One day you might go through all of your mail. The next day you might clean the toilet and wash the bathroom sink. The next day you might clean off the kitchen counter, and the next day you might pick up all the clothes scattered around the house and put them in a laundry basket.

The key is that you don't make your to-do list bigger than what you can mentally handle or you will just increase your stress rather than reduce it.

Set a Timer

Another option for getting a cleaning routine started is to set a timer and see how much cleaning you can get done in that time period. Or, you can use the time blocking method for scheduling to manage your cleaning.

If you would prefer, you could start in a bedroom, instead of the living area. This way, your cleaning will help you create a more peaceful environment that will help you sleep better that night.

Even though setting a time for a few minutes may not seem like much time, you can accomplish a lot more than you might imagine. Plus, you aren't overwhelming yourself by thinking that you have to devote three hours of your Saturday to cleaning. You get what you can done and then you move on to something else.

When Cleaning Becomes a Compulsion

Although there is nothing wrong with being a neat freak and looking to cleaning as a way to calm your nerves and destress, it does become an issue when your cleanliness and need for order in your home starts to become a compulsion.

For instance, if you won't go out with your friends or you cancel plans because you haven't finished all your cleaning tasks for the day or week, then that could be a red flag that your desire for a clean home has become a compulsion.

Likewise, cleaning can become an issue if it's impacting your physical health, feels a little obsessive, or is interfering with your schedule like making you late for work or school.

5. The Mental Health Benefits Of A Clean Home

“Cleaning your room is good for your health,” might sound like something your parents may have told you to get you to tidy up your toys as a kid, but turns out, there’s some truth to it. Our environment plays an important role in our mental wellness, and keeping a clean home, whether that’s your bedroom, apartment or house, has a variety of benefits you won’t want to ignore.

Learn about these benefits below, along with expert tips for cleaning your home and keeping it tidy.

5 Mental Health Benefits of Cleaning



While a messy space can put you in a mental bind, this also means that tidying up your home can help you feel better. The following are a handful of ways cleaning can benefit your mental health, according to experts.

Sense of order and control. A study on young adults found that clutter was linked to procrastination, feeling overwhelmed and lower quality of life. “When there is order and structure to our outer environment, it can help us feel more able to manage some of the internal feeling states and worlds,”

Familiarity and consistency. Human beings prefer similar routines that offer us stability, even amid otherwise chaotic circumstances, expert says. Keeping your household items in order can provide that familiarity. However, she adds that “order” doesn’t necessarily mean everything is lined up perfectly and color coordinated, and that another person’s sense of order may differ from yours.

Released endorphins. The physical act of cleaning can also release endorphins, which expert states, “is hugely beneficial as a pain reliever, stress reliever and overall enhancement of our well-being.”

Improved focus. Having too many items in our field of vision distracts the brain’s processing capacity. Clearing away clutter allows the brain to focus on items and tasks one at a time.

Regulated emotions. The act of cleaning also requires us to slow down, which can offer a calming effect during overwhelming situations and help us explore and manage our emotions. “Deep cleaning can be a great constructive physical outlet for frustration,” says expert.

Tips for Cleaning Your Home

First, know that you can take the cleaning process slow and figure out an approach that works for you, while progressing towards a cleaner home and improved mental health. Below, organizing and cleaning experts provide their tips for decluttering your space and keeping it tidy for the long haul.

Pick your favorite or most important room first.

- Start small.
- Give everything a “home.”
- Use a goal to motivate you.

- Set non-negotiable tasks.
- Take it slow.

For many, cleaning is a chore they'd gladly avoid, but a bit of tidying up each day is a small price to pay for a mental health boost. Not only does cleaning provide a time of focus and mindfulness, but at the end, we're left with a clean area with room to think and enjoy that space.

6. How To Get The Motivation To Clean Your House?



A study found that 31% of Australians clean their home only after three weeks or more. This irregular cleaning schedule could be due to a lack of motivation and a busy lifestyle. It can be tough to pick up that broom and mop and scrub your home when you have zero interest.

But with a few helpful tips by bond cleaning experts in Melbourne, you can slowly get back into a proper house cleaning routine. You should first see the reasons behind your lack of motivation and then work on overcoming them.

Reasons Why You Feel Less Motivated To Clean

- The most common reason you might feel less motivated to clean is that you might be bored with the same daily tasks. You should overcome this by making your cleaning routine more fun and interesting by putting on some music, playing a podcast or switching on a show. You can also change your cleaning pattern by tackling different rooms on different days or cleaning one similar area in each room.
- Another reason you don't feel motivated to clean could be how big the task is. You might get stressed about handling such a big cleaning task and avoid it altogether. The best solution is to break down your big tasks into more

minor chores so that you can tackle them one by one and avoid getting stressed out.

- Lastly, one of the main reasons for a lack of motivation is a jam-packed work and home life. When you are exhausted at the end of the day, it is tough to convince yourself to clean your home. In such cases, it is better to let expert bond cleaners in Melbourne handle these cleaning tasks. These professionals will spruce up your space so you come home daily to a neat and clean abode.

How To Get Motivated To Clean

Now that you have identified the reasons for your lack of motivation, you can overcome them with these helpful suggestions:

1. Find Your Reason To Clean

The best way to get started and stay motivated is to find a purpose for cleaning your home. It can range from getting rid of clutter to keeping your home germ-free, neat, and tidy. You might also feel more inspired when you have guests coming over.

According to a study, 93% of people will clean their homes when they know a guest is coming over. So, invite your friends and family home and find your reason to clean.

Important Tip

You must make sure that the reason you clean your home is personal and not just because it is a chore. You must understand why cleaning your home is essential and how it can make it look much better. This will make cleaning your home more essential and less of a mundane task.

2. Divide It Into Smaller Tasks

According to a 2015 study, when you break down a task into smaller portions, it becomes easier to complete them. This is one of the best ways to motivate yourself to clean because these tasks are easier to finish and make you feel good and successful.

You should deconstruct your cleaning tasks in the following ways: gather all your cleaning supplies, clean and disinfect one floor or surface, move to the other surface the next day and so on.

3. Start With Just 10 Minutes

Along with breaking down tasks, you should also start with just 10 minutes of cleaning every day. This will help you feel less stressed and overwhelmed as you only have to spend ten minutes cleaning daily.

Once you get back into the cleaning regime, you can slowly increase your time to twenty minutes, then half an hour, and so on. On some days, if all you can manage is ten minutes, you will feel like you have accomplished something.

4. Reward Yourself

Now that you have found your motivation to clean, you must also ensure you stay motivated. One of the best ways to do this is by rewarding yourself after you complete a task.

When you feel you have finished a task, stand back and look at what you accomplished. Then reward yourself with a small celebratory rest or enjoy a hot tea or cold drink. Once you feel good about completing your tasks, you will be more inspired to keep going and maintain your cleaning regime.

5. Get Some Help

In situations when you are too burned out or tired or cannot get yourself to clean your home, you should get some professional help. You can always hire cleaners who offer professional end of lease cleaning Melbourne and ensure that each corner of your home is neat. They will ensure that your home is properly cleaned and sanitised so that it is dust, germ-free, and neat.

Cleaning your home can be quite stressful and mundane. But with the above helpful tips, you can change and reorganise your cleaning schedule to feel motivated again. Once you accomplish your tasks in small steps, you will feel better about cleaning your home and want to get back into cleaning mode.

Conclusion

Hope you like this guide!! We have shared all the useful info about mental health.

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