

Complete Guide To Build Better Mental Health



Abstract

Your mental health is an important part of your well-being. This aspect of your welfare determines how you're able to operate psychologically, emotionally, and socially among others.

Here is your complete guide that can help you to build better mental health.

1. Introduction

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.

Mental health is about the functionality of your brain and all that impacts it. Let's discuss about it in detail.



2. What is good mental health?

Good mental health is more than just the absence of mental illness. It means you are in a state of wellbeing where you feel good and function well in the world.

According to the World Health Organization, good mental health is when you can:

- cope with the normal stresses of life

- work productively
- realise your potential
- contribute to the community

If you have good mental health, you might have emotions including happiness, love, joy and compassion, and you feel generally satisfied with life.

You are also likely to feel like you belong to a community and are making a contribution to society.

You might also have a sense of spiritual wellbeing, a sense of meaning or purpose, and feelings of peace.

Good mental health checklist

We all have to face challenges in life. People who have good mental health are more likely to be able to cope with the ups and downs.

You probably have good mental health if:

- you are confident when faced with new situations or people
- you feel optimistic
- you do not always blame yourself
- you set goals
- you feel good about yourself
- you have good self esteem

Building resilience

An important part of having good mental health is building resilience. This is when you can cope with unexpected changes and challenges in your life through drawing on your inner strength and using the networks around you.

Resilience is important for your mental health and can be learned.

People who have resilience can manage stress better, which means they are less likely to develop mental illnesses like depression and anxiety. You can learn coping skills to build your resilience and ensure good mental health.

For more information about building resilience, you can visit:

- [Beyond Blue](#)

- ReachOut
- headspace

Tips for good mental health

Here are 8 tips for building good mental health.

Build relationships

Having good relationships with other people is the most important factor contributing to a sense of wellbeing. This can include relationships with family, friends, workmates and others in the community. Investing time and energy in your relationships can lead to great benefits for all involved.

Exercise and stay healthy



Exercise has been shown to increase wellbeing as well as reduce symptoms of depression and anxiety. Good physical health is related to better mental health so a healthy diet, cutting back on alcohol and other drugs, getting a good night's sleep, and regular checkups with the doctor can all help.

Develop gratitude

Count your blessings. Try keeping a gratitude journal and writing down 3 positive things each day. This can lead to increased wellbeing.

Identify and use your strengths

We all have different strengths and weaknesses. Identifying and using your strengths and talents can increase wellbeing. A strengths questionnaire is available at Authentic Happiness, (it is free, but you need to register). Using your strengths to help others or contribute to the community creates a sense of meaning and purpose.

Create flow

Flow is the state of being so highly involved in an enjoyable activity that you lose track of time. This usually happens when the level of challenge is about right for your level of skill. Flow can happen during work, hobbies, creative arts or sports.

Give to others

Making a contribution to the community, however small, increases social wellbeing. Many people feel a sense of contributing through meaningful work, but this can also mean volunteering, helping a neighbour or performing small acts of kindness. Take some time to do the things you really enjoy. Pleasant events can lead to positive emotions that can cancel out negative feelings.

Spirituality or religion

For some people, being involved in spiritual or religious practices can improve wellbeing, help to cope with stress and reduce symptoms of mental illness. This can include belonging to a faith community, meditation, prayer, mindfulness and practices such as yoga and Tai Chi.

Seek help

If you are struggling to feel happy, cope with everyday life, find meaning or feel connected to others, see your doctor or a mental health professional. Almost half of Australians will experience a mental disorder at some time in their life — depression, anxiety and substance abuse are the most common disorders.

3.The Importance of Mental Health

Considering how much of a role your mental health plays in each aspect of your life, it's important to guard and improve psychological wellness using appropriate measures.

Because different circumstances can affect your mental health, we'll be highlighting risk factors and signs that may indicate mental distress. But most importantly, we'll dive into all of the benefits of having your mental health in its best shape.

Risk Factors for Poor Mental Health

Mental health is described as a state of well-being where a person is able to cope with the normal stresses of life. This state permits productive work output and allows for meaningful contributions to society.

However, different circumstances exist that may affect the ability to handle life's curveballs. These factors may also disrupt daily activities, and the capacity to manage these changes.

The following factors, listed below, may affect mental well-being and could increase the risk of developing psychological disorders.

Childhood Abuse



When a child is subjected to physical assault, sexual violence, emotional abuse, or neglect while growing up, it can lead to severe mental and emotional distress.

Abuse increases the risk of developing mental disorders like depression, anxiety, post-traumatic stress disorder, or personality disorders.

Children who have been abused may eventually deal with alcohol and substance use issues. But beyond mental health challenges, child abuse may also lead to medical complications such as diabetes, stroke, and other forms of heart disease.

The Environment

A strong contributor to mental well-being is the state of a person's usual environment. Adverse environmental circumstances can cause negative effects on psychological wellness.

For instance, weather conditions may influence an increase in suicide cases. Likewise, experiencing natural disasters firsthand can increase the chances of developing PTSD. In certain cases, air pollution may produce negative effects on depression symptoms.

In contrast, living in a positive social environment can provide protection against mental challenges.

Biology

Your biological makeup could determine the state of your well-being. A number of mental health disorders have been found to run in families and may be passed down to members.

These include conditions such as autism, attention deficit hyperactivity disorder, bipolar disorder, depression, and schizophrenia.

Lifestyle

Your lifestyle can also impact your mental health. Smoking, a poor diet, alcohol consumption, substance use, and risky sexual behavior may cause psychological harm. These behaviors have been linked to depression.

Signs of Mental Health Problems

When mental health is compromised, it isn't always apparent to the individual or those around them. However, there are certain warning signs to look out for, that may signify negative changes for the well-being. These include:

- A switch in eating habits, whether over or undereating
- A noticeable reduction in energy levels
- Being more reclusive and shying away from others
- Feeling persistent despair
- Indulging in alcohol, tobacco, or other substances more than usual
- Experiencing unexplained confusion, anger, guilt, or worry
- Severe mood swings
- Picking fights with family and friends
- Hearing voices with no identifiable source
- Thinking of self-harm or causing harm to others
- Being unable to perform daily tasks with ease

Benefits of Good Mental Health

Whether young or old, the importance of mental health for total well-being cannot be overstated. When psychological wellness is affected, it can cause negative behaviors that may not only affect personal health but can also compromise relationships with others.

Below are some of the benefits of good mental health.

A Stronger Ability to Cope With Life's Stressors

When mental and emotional states are at peak levels, the challenges of life can be easier to overcome.

Where alcohol/drugs, isolation, tantrums, or fighting may have been adopted to manage relationship disputes, financial woes, work challenges, and other life issues—a stable mental state can encourage healthier coping mechanisms.

A Positive Self-Image

Mental health greatly correlates with personal feelings about oneself. Overall mental wellness plays a part in your self-esteem. Confidence can often be a good indicator of a healthy mental state.

A person whose mental health is flourishing is more likely to focus on the good in themselves. They will hone in on these qualities, and will generally have ambitions that strive for a healthy, happy life.

Healthier Relationships



If your mental health is in good standing, you might be more capable of providing your friends and family with quality time, affection, and support. When you're not in emotional distress, it can be easier to show up and support the people you care about.

Better Productivity

Dealing with depression or other mental health disorders can impact your productivity levels. If you feel mentally strong, it's more likely that you will be able to work more efficiently and provide higher quality work.

Higher Quality of Life

When mental well-being thrives, your quality of life may improve. This can give room for greater participation in community building. For example, you may begin volunteering in soup kitchens, at food drives, shelters, etc.

You might also pick up new hobbies, and make new acquaintances, and travel to new cities.

How to Maintain Mental Health and Well-Being

Because mental health is so important to general wellness, it's important that you take care of your mental health.

To keep mental health in shape, a few introductions to and changes to lifestyle practices may be required. These include:

- Taking up regular exercise
- Prioritizing rest and sleep on a daily basis
- Trying meditation
- Learning coping skills for life challenges
- Keeping in touch with loved ones
- Maintaining a positive outlook on life

Another proven way to improve and maintain mental well-being is through the guidance of a professional. Talk therapy can teach you healthier ways to interact with others and coping mechanisms to try during difficult times.

Therapy can also help you address some of your own negative behaviors and provide you with the tools to make some changes in your own life.

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

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.

What makes mental health so important?

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

Expert goes on to say that 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.

1. Get restful sleep

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

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.

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.

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.

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.

Just know that when it comes to adopting new habits, it's generally more helpful to start with just one or two at a time, instead of a complete overhaul. Then, check in with yourself to take stock of how those changes helped.

If your mental health starts to get worse, it could be time to consider reaching out to a therapist. Professional support can be a powerful tool in your positive mental habits toolkit.

5. Foods to Eat for Better Mental Health

Can what you eat really improve your mental wellness? Indeed, certain foods and nutrients have the potential to improve your mental health—and even serve as a complement to therapy for depression and anxiety if those are conditions you experience. Here are foods to focus on for mental wellness.

If you're a "live to eat" kind of person, we see you. You get joy from food on the daily. Us, too, to be honest.

But we're looking beyond the enjoyment of a fantastic meal. We're talking about the (science-backed) connection between what you eat and your mental wellness, an area of research that is growing right now.

So, yes, this absolutely applies to our fellow "live to eat" people, but also those "eat to live" folks (basically, everyone). Turns out, certain foods and nutrients have the potential to improve your mental health—and even serve as a complement to therapy for depression and anxiety if those are conditions you experience. Here are foods to add to your diet for better mental health.

1. Plants

OK, this is more like a food category. But the upshot is that a lot of different foods fall within the category of plants: fruits and vegetables, grains, legumes, nuts and seeds.

Eating a plant-based diet—and especially a healthy plant-based diet—was associated with a lower risk of depression, anxiety and psychological distress in women. Choosing healthy plant foods was notable because researchers found that those who were eating an unhealthy plant-based diet actually raised their depression risk.

2. Cold-Water Seafood

Cold-water fish, such as salmon, are key for mental wellness thanks to all of the omega-3 fats they contain. Researchers identified eating a high quantity of omega-3-rich foods as one of the five most important diet habits for preventing depression.

3. Whole Grains

Like omega-3-rich seafood, whole grains were also identified as beneficial for depression in the study. Plus, another study published more recently revealed that women who ate moderate amounts of whole grains were less likely to experience anxiety. This was compared to those who ate fewer whole grains, but researchers also found that women who ate more refined grains (think: white rice, white bread, even baked goods) were more likely to experience depression and anxiety. To get your fill of whole grains, reach for oatmeal, whole-wheat bread, corn tortillas, barley and quinoa.



4. Berries

People who eat more berries (and, well, more produce overall) are more likely to have better mental health compared to their berry-skipping counterparts, according to a 2020 review study in *Nutrients*. Researchers reported that berry eaters overall had better moods and fewer depressive symptoms. Their life satisfaction was higher, as was their optimism. So lean into whichever berry you favor—and just eat more of them, and more often.

In the world of berries, wild blueberries deserve a special shoutout: just a half-cup of wild blueberries delivers more than a day's dose of manganese. Manganese may be a lesser-known mineral, yes, but it's one that seems to be important for mental wellness.

5. Nuts, and Especially Walnuts

People who regularly eat nuts of any kind are less likely to be depressed, compared to people who don't eat nuts, says a study. And in the study, one particular nut stood out among the rest: walnuts. Walnut eaters were significantly less likely to be depressed compared to general nut eaters and also non-nut eaters.

Another benefit to nuts is that they're a great source of unsaturated fat, and research suggests that people who eat more unsaturated fat (and less saturated fat) are less likely to have anxiety.



6.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 2017 study on young adults found that clutter was linked to procrastination, feeling overwhelmed and lower quality of life. Our outer environments can act as a container for our

emotional and psychic states, expert explains. “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,” she adds.

- **Familiarity and consistency.** Human beings prefer similar routines that offer us stability, even amid otherwise chaotic circumstances, experts notes. 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 experts states, “is hugely beneficial as a pain reliever, stress reliever and overall enhancement of our well-being.”
- **Improved focus.** 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 experts.

Expert notes that while cleaning can help support better mental health, mustering up extra energy to tidy can be difficult for folks with anxiety, depression or burnout. In this case, it may help to see a mental health professional as well to learn other evidence-based coping strategies.

7. Top 10 Cleaning Tasks To Help Improve Your Mood

No matter how much effort you make to keep your home spick and span, it is very difficult to keep it like that all the time. You will always have a little bit of clutter in your rooms. It could be the pile of dishes in the sink, the pile of mail on your table or any other type of mess.

No matter what kind of dirt or clutter you have in your home, it can have a negative impact on your mood. However, removing dirt, bad smell and clearing clutter can be an excellent way to enhance your mood.

An immaculate home not only keeps diseases at bay but also has a positive impact on your mental health, leading to a good mood. If you have a busy schedule, it is advisable to hire the best end of lease cleaners in Hobart.

They are often hired to clean a rental house at the end of the lease period, but you can also contact them to deep clean your home. If you want to do it on your own, you must know the most important chores that will have the maximum impact.

Here are the top ten cleaning tasks to help improve your mood.



1. Clearing Clutter

One of the easiest cleaning tasks to improve your mood is clearing the clutter. Clean the pile of dishes in the sink, put the unwashed clothes in the laundry room, pick all the toys, papers, books, etc. and put them back in their respective place. You will be surprised to see how much difference it can make.

2. Dusting Ceiling And Light Fittings

Removing the cobwebs from ceiling corners, dust from the fan blades, and light fitting will make the areas look perfectly clean. That can also make you feel happy and satisfied. To reach the surface, you must use a step ladder and a long-handled duster. People often overlook the posts as they require more time and effort.

3. Dusting Different Surfaces

You must also get rid of the dust layer from your furniture like dining table, centre table, picture frames, wall clock and other decorative pieces. Use a microfibre duster, as it can easily trap all the dust. Removing the dust will make your home clean, and you will be satisfied with your effort, improving your overall mood.

4. Cleaning The Shower

It is the place where you take a shower on a daily basis. Therefore, it accumulates body soil, soap scum and hard water stains. Clean the tile, shower head and remove dirt from glass shower door properly to make it look sparkling clean. The idea of taking a shower in an immaculate shower will also enhance your mood.

5. Scrubbing The Oven

The appliance act as a magnet to dirt, grease, food stains and spills. Therefore, when you clean the over from the inside, it gives you a great feeling. You can either use a store-bought products or use natural ingredients like baking soda.

If you need professional cleaning, contact a company that offers affordable end of lease cleaning Hobart, Tasmania.

6. Removing Dirt From Toilet Bowl

The stains and dirt inside the toilet bowl look very bad and often stop you from inviting guests to your place. So, give your bowl a proper scrub and rinse the surface. A sparkling clean toilet bowl will enhance your mood, and you will feel confident about inviting guests.

7. Removing Dirt And Spills From Stovetop

When you are preparing your meal, you want to enjoy that task. However, the spills and stains over the stovetop can spoil your mood. Therefore, you must clean

the stove top using an all-purpose cleaner and a dampened cloth. Use soapy water and a plastic knife to remove the stubborn spills.

8. Vacuuming Carpets



If you want your carpet to look spotless, you must vacuum it properly. Remove the dust, dirt, insect droppings, pet hair, food particles, etc. The task will give you a great feeling because now you know that that is it free from dust and dirt which promote germs and moulds. Cleaning carpets is one of the best ways to make your house smell good all the time.

9. Cleaning Windows

Remove the dirt and dust from the windows, screens and glasses, so you can get an uninterrupted view. A clean window will allow the sunlight to come inside the room, which will give you a great feeling. That will keep you always in a good mood.

10. Sweeping And Mopping Floor

A sparkling clean floor always makes your rooms look perfectly clean. So, sweep the floor properly, remove the stains and finally, mop the floor properly. The task will give you a lot of mental satisfaction, so you will stay in a good mood.

House cleaning is directly related to your mood, so if you want to stay happy and feel good, ensure you keep your home perfectly clean. Follow a checklist and make sure you clean the spots mentioned above.

It will help you to improve the hygiene of the home as well as its appearance. To avoid unnecessary hassles, contact professionals who offer reliable end of lease cleaning in Hobart. You will get the best possible result.

Conclusion

Hope you like this guide and collect all the useful info so that you can work on your mental health. To live a quality life, it is important to build a better mental health.

References

8 Daily Habits to Boost Mental Health — and Signs It May Be Time to Get Support | Healthline | Retrieved 30-mar-2023 | from,

<https://www.healthline.com/health/mental-health/habits-to-improve-mental-health>

By Lauren Silva (Dec 1, 2022) | The Mental Health Benefits Of A Clean Home | Forbes | Retrieved 30-mar-2023 | from,

<https://www.forbes.com/health/mind/mental-health-clean-home/>

By Brierley Horton (May 13, 2021) | 5 Foods to Eat for Better Mental Health | Eating Well | Retrieved 30-mar-2023 | from,

<https://www.eatingwell.com/article/7902827/foods-to-eat-for-better-mental-health/>

By Charlotte (21 oct 2022) | Top 10 Cleaning Tasks To Help Improve Your Mood | Bond Cleaning in Hobart | Retrieved 30-mar-2023 | from,

<https://www.bondcleaninginhobart.com.au/top-10-cleaning-tasks-to-help-improve-your-mood/>

By Elizabeth Plumptre (February 15, 2023) | The Importance of Mental Health | Verywellmind | Retrieved 30-mar-2023 | from,

<https://www.verywellmind.com/the-importance-of-mental-health-for-wellbeing-5207938>

Good mental health | Health Direct | Retrieved 30-mar-2023 | from,

<https://www.healthdirect.gov.au/good-mental-health>