

10 tips to help ensure you care for your mental well-being.

1. **Find a hobby you enjoy.** Taking time to work on a passion project or a creative outlet like music or art will alleviate stress and give you something outside of your work to focus your energy from time to time.
2. **Spend time in the present moment.** Whether it is a walk in nature, a quiet moment with a cup of coffee, or holding a baby. These moments of reflection overtime will add years to your life.
3. **Practice self-care techniques.** Meditation is a must if you talk to any great leader or successful entrepreneur. Other self-care modalities could include Reiki, Qigong, gardening, or yoga. Find what fits your personality and practice it daily.
4. **Journal your thoughts and feelings.** Writing has been proven to improve both physical and psychological health. Take time to express your most stressful and traumatic experiences for the health benefits it provides.
5. **Give of your time, service, or expertise to someone less fortunate than yourself.** The benefits of volunteering include stress reduction and relaxation due to the release of brain chemicals like dopamine, providing the feel good and pleasure effect.
6. **Practice empathy and compassion.** Empathy is the ability to put yourself in someone else's shoes and view their feelings in a situation from their point of view without judging or interpreting how you think they should feel. Compassionate empathy goes even deeper and enables you to know when to act in a manner that helps another person.
7. **Forgive yourself often.** Self-forgiveness is a concept that many don't realize is just as important, if not more, than forgiving others. The act of forgiveness always benefits the person on the giving side, and often it is felt more impactful by the giver than the person on the receiving end. For this reason, I like to think that when you forgive yourself, you gain double the benefit.
8. **Embrace your failures.** Be more accepting of your faults as a normal part of being human. We aren't meant to achieve perfection, but rather become transformed by our mistakes.
9. **Talk about mental health regularly with friends and family.** Don't be afraid to get help when something feels off. Learn the symptoms for depression and anxiety, the two most prevalent diagnoses. Be an advocate for mental health and help erase the stigma around talking about mental illness, bringing it out of the darkness and into the light.
10. **Smile and laugh every single day!** This one is self explanatory.