

Tips on Coping with Mental Health Issues

We all, at a certain point in life, experience stress and negative emotions that might pose a challenge to our mental health. These include depression, anxiety, sleep and appetite disturbances, social withdrawal etc. Here are a few tips to help us better cope with these challenges:

1. Be Mindful

- Listen to your body and attend to your physical sensations when you are experiencing intense emotions.
- Instead of rejecting these emotions, notice them, acknowledge their presence, and accept them.
- Something as simple as “naming” an emotion, makes the emotion more manageable.



2. Be Objective



- You are NOT your thoughts. You are NOT your feelings either.
- Look at problems in a more objective and distant manner.
- Look for evidence for and against your thoughts, and strive to develop a more flexible mindset.

3. Be Expressive

- Try to express your thoughts and feelings in a gentle, but congruent and assertive way.
- By expressing them, you are validating that these thoughts and feelings are important.
- If you need help, ask for it! Reach out for family and friends who can help and support you. Talking about your problem gives your emotions an outlet.



4. Be Active



- It is normal to feel physically drained when we are depressed.
- Go for a walk, paint, sing, dance or meet friends. By acting, our body and mind becomes more energized and expansive.
- Positive experiences yield positive thoughts, and hence positive emotions. We feel happier and more alive when we have accomplished something.

5. Be Thankful

- Focus on the things that you possess, not the things that you desire.
- Instead of comparing with other people, cherish what you have and be thankful about them.
- Studies have shown that people who are high in gratitude are often the happiest people in the world!

