

Simple lifestyle changes may help prevent depression and anxiety.

7 Ways to Maintain Your Mental Health



Feelings of depression or anxiety are common, but these seven simple lifestyle changes may help. Experts recommend focusing on one area of improvement at a time and practicing patience.

Here's how to get started:

Be kind to yourself.

It's easy to be critical about yourself. Try practicing self-compassion the next time you start to judge yourself.



Define happiness.

Understanding your life's meaning and purpose may take time to determine, but it will help you set achievable goals.

Eat right.

A well-balanced diet containing fresh produce, lean protein and whole grains can help decrease feelings of depression.



Exercise.

Just 15 minutes of daily exercise can improve mood because it increases endorphin levels, the body's natural mood booster.



Mindfulness.

Shifting your thought process from future worries to present realities can help you to stay focused and better evaluate challenges as they arise.



Sleep.

Getting good, consistent sleep is critical to overall health and can protect mental health over time.



Social connection.

Find ways to engage with at least one trusted person as often as you can. An animal companion may also help alleviate feelings of loneliness.

