Day 7 - Final Tips for Your Mental Health

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Welcome to day 7 of the series! For this final day, you are going to get a few more tips on improving your mental health, not just with exercise but with other methods as well. You should always take your mental wellbeing seriously, whether it is stress, anxiety, depression, or other mental health issues you are facing.

**Write in Your Journal**

There are so many amazing benefits of journaling, with one of the best being for your mental health. You can learn a lot about yourself, your motivations, goals, and feelings just by writing in a journal every day. Choose journaling prompts, stream of consciousness writing, or just write about your day, and you will discover a lot of clarity.

**Find Creative Activities**

In addition to your physical activites, don’t be afraid to explore more creative ones as well. This uses a different part of your brain than when you are working or studying, so it can really help you to relax and de-stress. Being creative has been shown to be amazing especially for people who struggle with anxiety and panic attacks.

**Spend Time with Others**

It can be easy to isolate yourself and stay indoors when you aren’t feeling your best, or when your anxiety and depression get worse. However, it is worth it to step out of your comfort zone a little to spend time with friends and family as well. Start slow, with just a phone call or text to meet up for coffee. You don’t need to become a social extrovert if it doesn’t feel natural, but it’s also not healthy to be completely isolated either.

**Seek Professional Help**

We wanted to give you another reminder to seek professional help if you haven’t already. A doctor, therapist, or even school counselor can help tremendously with your mental health. They can help guide you toward treatments, both medical and natural, and work great alongside your new exercise routine.

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