

8 NEW YEAR'S RESOLUTIONS TO LOOK AFTER YOUR MENTAL HEALTH IN 2023

<p>SEEK HELP IF IT'S NEEDED</p> <p>If you are having a hard time, and if you believe there is something more going on below the surface, ask to be referred to a mental health professional by your GP.</p>	<p>GO TO BED EARLIER</p> <p>Getting an earlier night will help you feel rested the following day - which is more beneficial to your mental health, as a lack of sleep can heighten anxiety and irritability.</p>	<p>LIMIT TIME ON SOCIAL MEDIA</p> <p>Research has shown that social media can negatively impact our mental health, so it might be worth limiting time on apps or even cutting them out of your life completely in 2023.</p>
<p>CUT DOWN ON DRINKING</p> <p>Alcohol is a depressant which can negatively affect your mood, and according to Drink Aware, it can increase anxiety and stress.</p>	<p>TAKE TIME TO EXERCISE MORE</p> <p>Exercise boosts 'happy hormones' in the brain known as endorphins, which will improve your mood and sense of wellbeing.</p>	<p>TRY TO BE MORE TRUSTING</p> <p>People who suffer from mental health issues such as depression and anxiety can often isolate themselves from friends and family.</p>
<p>PRACTICE SELF-CARE</p> <p>Whatever self-care means to you, know that it is not selfish. It's important to look after your mental well-being in the best way you know how, so make time for yourself this year.</p>	<p>LEARN TO KEEP A DIARY</p> <p>Keeping a diary can help reduce anxiety, according to medical scholars. Whether it's jotting down your thoughts and feelings to get them out of your head or to track your mood daily.</p>	



the magic isn't
in a year.
it is in a day.
an hour.
in a minute.
look forward
to each new day
and less to
new years.

JmStorm



Always remember that
"your best" doesn't mean
pushing yourself to your
breaking point. "Your best"
means the best you can do while
being your best you.
Get enough sleep, give yourself
breaks, listen to your limits. "Your
best" is better when you are
happy and healthy.

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As we head into the new year, the start is often seen as a new beginning, an opportunity of sorts to reflect and set new goals - typically related to health and wellness.



If I haven't said it to you already, Happy New year and I hope you had a well-deserved rest at some point over the holidays.

We have made significant progress with the global pandemic, and the last couple of years of collective and personal ups and downs, and we will continue to navigate uncertain times still into 2023, which has already presented some real challenges.

If you're honest and like me, the actual outcome for often setting 'new year's resolutions' is usually "well that was nice while it lasted, sincerely January 4th!", we all know that setting 'resolutions' can be tricky and hard to sustain.

A clear reason that most resolutions don't work out the way we want or expect is that an unclear goal has been set, and we are often asking too much of ourselves, too soon and get overwhelmed. We also compare ourselves to others and try to do things that might not have the same outcome or timescale and then get frustrated and disappointed.

To make drastic lifestyle changes or unrealistic targets and expect results overnight is unattainable, so whatever you want to achieve this year, just ease yourself into it. One step forward and two steps back is still movement!

You can be a continual work in progress so be proud of that instead of being stuck!

So, to kickstart 2023's Wellbeing Wednesday focus, I'm sending out an overview of a couple of 'resolutions' to help look after your physical and mental health in 2023 and keep a check on your internal wellness gauge regularly.

And a gentle reminder, that if you are currently dealing with any feelings of anxiety, loneliness, grief, loss, stress, no matter what it is or how big or small, you are not alone.

We are all human and all feelings are important as they are simply signals to inform us.

Please speak to a trusted person and seek some advice / support if needed.

Remember asking for help is not a weakness, it's a sign of strength.

Here's to a mentally healthy new year, taking it a day at a time, together.

#lookafteryou #TEAM #workplacewelfare #mentalhealthmatters #progressnotperfection
#startsomewhere #checkyourgauge #wellbeingweds