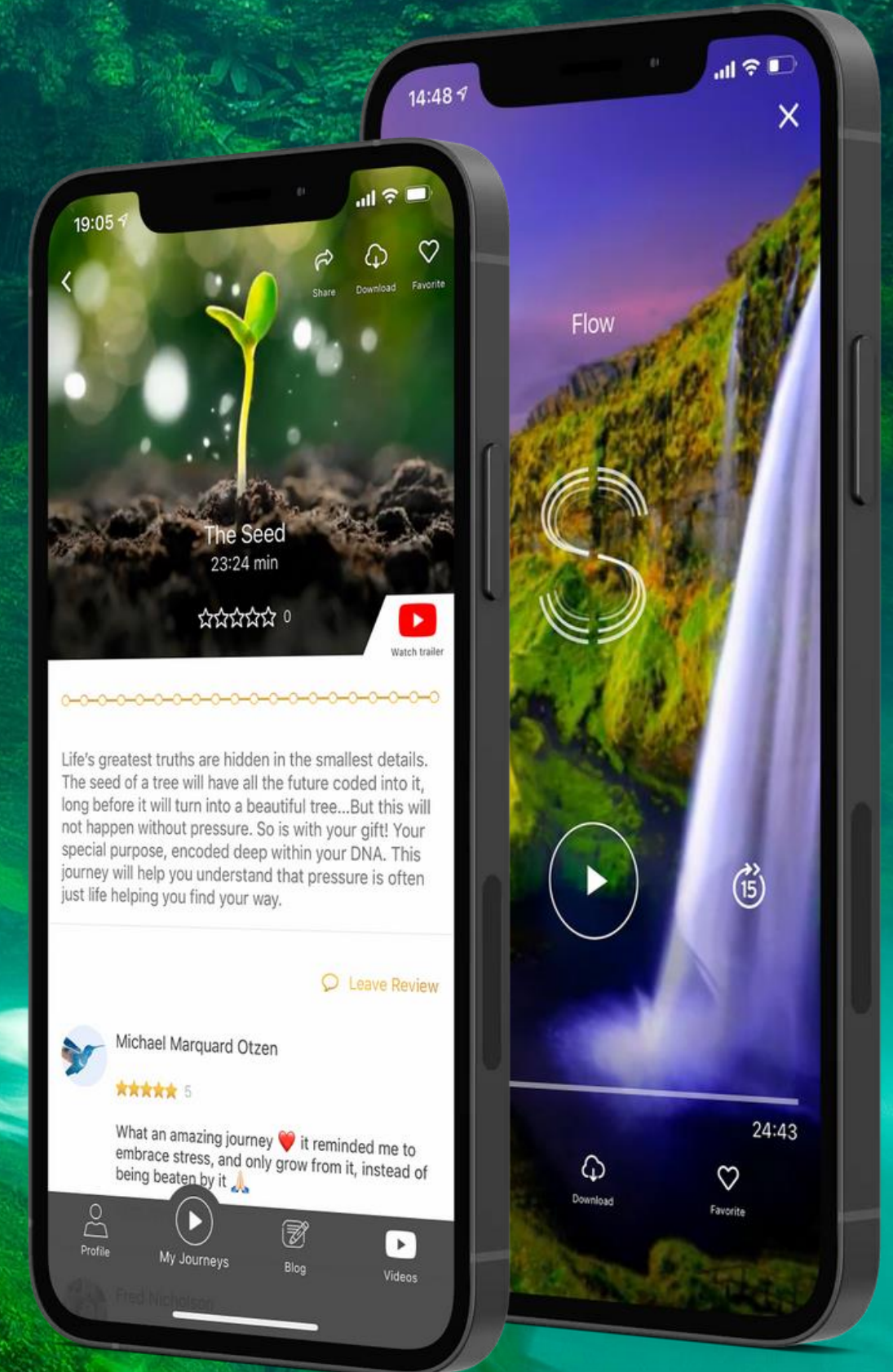


THE ULTIMATE DAILY MENTAL HEALTH SELF-CARE GUIDELINE

A practical guide to becoming the best version of yourself

In association with



WHY MENTAL HEALTH?

Physical activity is a great way to keep yourself physically strong and healthy. But, many times, we prioritize our workout routines and training, neglecting something just as important – our mental health.

Mental health is how we feel, think, and act. It determines how we connect with others, react to challenging situations, adapt to change, and contribute to our communities. In short, mental health is the key to living healthy, positive, and fulfilling lives.

And, as the saying goes, a healthy mind is a healthy body and vice-versa.

Mental health and physical health share a tight bond.

For instance, when you are feeling anxious and depressed, you lose the motivation to work out. Similarly, when you are sick, you feel down and not motivated at all.

Luckily, there are several factors that influence mental health.

If you are interested in balancing your mind and body, this guideline is for you! Discover seven wonderful lessons to become your healthiest and happiest self.



1

EFFICIENTLY COPE WITH STRESS IN 5 STEPS

Stress is part of human nature. It happens when our equilibrium is disrupted by external factors —“stressors” that can be either physical or emotional. You can control some of these stressors including fear of speaking in public or negative self-talk. While other stressors like losing your job or a loved one are out of your control.

When your stress levels are high, your mind and body give you plenty of signs: you experience muscle tension, dizziness, high blood pressure, poor sleep, digestive issues, and other psychological and emotional symptoms including anxiety and depression.

Efficiently dealing with stress is a crucial part of mental health. If you would like to change your relationship with stress, here are five useful tips:

- 1 Don't wait for it to “pass”.**
Take action as soon as possible.
- 2 Consult your doctor.**
A professional can help you spot the signs of stress and provide resources to cope with it.
- 3 Exercise regularly.**
Physical activity boosts endorphins (your “feel-good” chemicals) and improves your sense of well-being.
- 4 Delegate your time.**
Organize yourself to make sure you can do everything that needs to be done in time.
Don't be afraid to say “no” if there's too much on your plate.
- 5 Meditate or engage in relaxing activities.**
Meditation is an excellent way to relax and improve your well-being.



2

LEARN HOW TO GET A GOOD NIGHT'S SLEEP

How do you feel after a good night's sleep? Probably well-rested, positive, focused, and full of energy. Now, think about how you feel when you are sleep-deprived. Likely cracky, exhausted, and unfocused. Sleep plays a crucial role in our mental and physical health. A good night's sleep is necessary for healing and repairing your heart and blood vessels. It's no wonder that sleep issues have been linked to increased risk of heart diseases, high blood pressure, and diabetes amongst other serious conditions. It's safe to say that, while sleep might not solve all of your problems, it can help you live a more productive, positive, and healthier life.

Are you getting a good night's sleep? Ask yourself the following questions:

- Are you constantly tired and have difficulty concentrating at work?
- Do you take more than 30 minutes to fall asleep when lying down in bed?
- Are your eyes often puffy and red?

If you believe you should improve your sleeping habits, here are some handy tips:



Avoid screens before bedtime.



Keep your caffeine intake at a minimum.



Go to sleep at consistent times.



Optimize your bedroom environment.



Relax and meditate during the evening.

3

FOLLOW A BASIC HEALTHY EATING CHECKLIST



A diet rich in fruits, vegetables, whole grains, and unprocessed proteins does wonders for our physical health and keeps us fit. But researchers discovered that a balanced diet is equally beneficial for your mental health.

Let's start with the basics: the connection between food and well-being. Did you know that your brain and your gastrointestinal tract share a close relationship? Indeed!

The gastrointestinal tract houses billions of bacteria that affect the production of neurotransmitters, which are chemical substances that carry special messages (dopamine or serotonin) from the gut to the brain. Following a balanced diet ensures the growth of “good” bacteria that:

- Provide protection against toxins and bad bacteria.
- Limit inflammation.
- Improve nutrient absorption from your food.
- Activate neural pathways that travel between the gut and brain.

All of these actions help your brain receive positive messages that are reflected in your mood and emotions.

What does a healthy diet look like? Here's a basic checklist:

- ✓ Plenty of veggies
- ✓ Nuts and seeds
- ✓ Whole grains
- ✓ Fruit
- ✓ Protein
- ✓ Dairy and/or soy

* If you are thinking about changing your diet to preserve or improve your health, it's worth remembering that everyone is unique. You might have special dietary requirements or health conditions that prevent you from eating certain foods, for example. If you are having doubts, consult certified nutritionists.

4

PRACTICE GRATITUDE EVERY DAY

Why is it that we feel like we never have enough? Nowadays, it's common to be drowning in dissatisfaction, ignoring all the positive things life has already given us. Here's where we talk about "gratitude" and "counting your blessings".

When you are grateful, you acknowledge everything that is good in your life. And, you recognize that some part of that goodness comes from the outside world. In this way, gratitude connects you with something greater than your individual self: with nature, communities, or a higher power.

And that's not all! According to research, gratitude has the following benefits:

- Enhanced self-esteem
- More loving relationships
- Better mental health
- Stronger self-control

Would you like to welcome gratitude into your life? Try the following:

Thank someone

Say thanks to a person you appreciate or write them a note.

Keep a gratitude journal

Write down 3 things you are grateful for each day.

Practice meditation

Meditate to get clarity of mind to focus on grateful thoughts.



5

DISCOVER YOUR “LIFE PURPOSE”

If you believe life lacks meaning or your search for a purpose is unsuccessful, you will feel more stressed, anxious, and/or depressed. Recent research found that older adults who had a clear sense of purpose had better physical and mental health scores than those who didn't. But the concept of life purpose is nothing new.

The French call it *raison d'être*, the Danish *hygge*, and the Japanese *ikigai*.

Ikigai, wildly popular nowadays, encompasses what you love, what you are good at, and what you are passionate about. Look at it as your “life mission”, which will give you and the rest of the world happiness.

The incredible findings suggest that connecting with your *ikigai* our purpose can:

- Getter better sleep
- Help you become financially successful
- Lower the risk of suffering from dementia
- Increase longevity

There's still a lot of research to do in order to understand the relationship between purpose and well-being.

But if you feel like you need to find your life mission, start by having a proper look within.

Meditation is an excellent way to do this. Practice meditation for 20 or 30 minutes a day to connect with your inner self and understand your true potential.

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6

CONNECT WITH OTHERS AND DON'T BE AFRAID TO ASK FOR HELP

Having close friendships and strong family ties can make a positive difference.

You don't have to be a social butterfly, simply keep in touch with those who you love the most. Whenever you are struggling, you will have people supporting you, enhancing your self-esteem, and improving your mood.

If you are seriously struggling —experiencing bad moods that won't go away or stress levels that interfere with your daily life —it's time to seek professional help. Many people are hesitant to do this as they feel things aren't "bad enough". Yet, reaching out to a doctor, therapist, or even a mental health helpline will give you the support you need to go on.

Wondering how to reach out for help? We have a few tips for you:

Find out what's available

Consider calling an anonymous mental health helpline or inquiring what support services are available for you. Many schools, universities, and workplaces have free resources to help you take care of yourself.

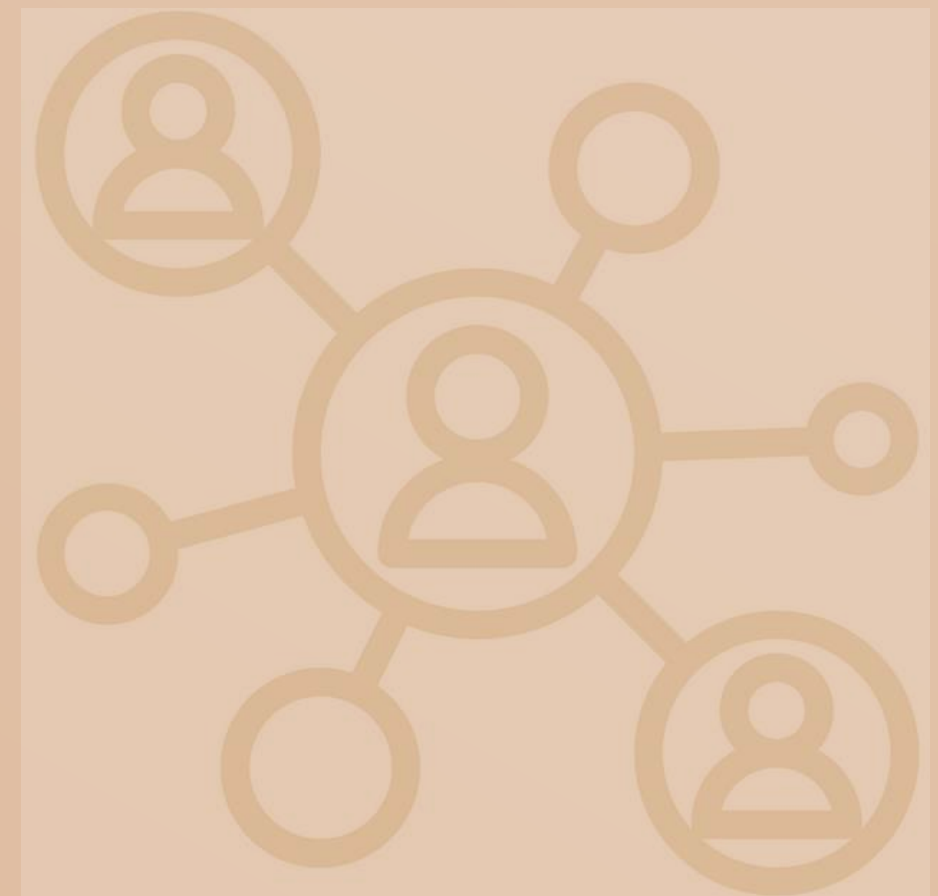
Ask for recommendations

If you don't feel comfortable talking to a stranger, ask your friends or relatives for recommendations. They might personally know a professional or counselor, and be familiar with the overall process.

Catch up with your loved ones

Admitting that you feel unwell and need someone on your side is tough work. If you are unsure about how to start, you can try with "I'm struggling with my mental health and I'm trying it's not working. Do you have time to talk?"

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MAKE MEDITATION A DAILY HABIT WITH 5 EASY STEPS



Humans have been meditating for thousands of years! In simple terms, meditation is a set of techniques that encourage heightened awareness and relaxation. Experienced meditators believe that the main benefit of this practice is achieving an enlightened state that facilitates compassion, love, kindness, and other virtues. Nowadays, people turn to meditation to deal with the pressure of daily life, get a good night's sleep, improve concentration, and unleash creativity. But, no matter how you look at it, meditation has the potential to improve your life for the better.

If you are new to meditation or would like to integrate this practice into your daily routine, here are some useful steps.

Commit a few minutes per day.

“Go big or go home” doesn’t apply here, especially if you are new to meditation. Take it step by step as to not overwhelm yourself. Experts recommend around 30 minutes of meditation per day in order to experience its many benefits.

Create or find your special meditation spot.

Find a quiet and comfortable spot in your home. Decorate it with candles, cushions, or anything that helps you relax.

Get comfortable

You’ll see plenty of meditators sitting in a lotus position. But, if this is difficult for you, simply find a comfortable position that will allow you to fully focus on your daily practice.

Schedule your meditations

Add a notification on your phone so you don’t forget your daily practice.

Make it fun!

Isn’t it about people sitting quietly for hours? Not really! Synctuition is changing the way we look at meditation and mental health. Our program is fun, effective, and made for everyone. Simply download the app, put your headphones on, press “play” and enjoy the most immersive sound meditations to relax and boost your well-being.