



Mental Health Association of Tarrant County
3136 West 4th Street
Fort Worth, TX 76107
817-335-5405/www.mhatc.org

Back to Campus

Top Ten Ways to Take Care of Your Mental Health

- 10. Be realistic.** If you are taking on more responsibility than you can handle, rank the activities you are involved with and drop the ones that aren't absolutely necessary.
- 9. Drop the "superman/superwoman" mentality.** Nobody is perfect; so don't expect perfection from yourself or others. Don't be afraid to ask for help if you need it.
- 8. Reflect.** Take time out to collect your thoughts. Personal reflection in the form of meditation, prayer or other ways can reduce stress.
- 7. Plan ahead.** Feeling unprepared or scrambling to do something at the last minute can be really stressful.
- 6. Healthy lifestyle.** Eat a well-balanced diet, and limit your use of caffeine and alcohol. Exercise regularly as a way to reduce stress and increase self-esteem. Make sure you are getting enough sleep to feel refreshed and energized.
- 5. Share your feelings.** Talking to a friend or family member about problems in your life can help you organize your thoughts and get support for your feelings.
- 4. Hobbies.** Take a break from stressful situations by doing something you enjoy. Whether it's reading, gardening or cooking, make time to relax.
- 3. Be flexible.** Respect other people's opinions and be prepared to compromise. If you are willing to give a little, others may meet you halfway. Not only will you reduce your stress, you may find better solutions to your problems.
- 2. Take one thing at a time.** When people are under stress, an average workload can seem overwhelming. The best way to handle this feeling is to do one task at a time. Pick one project and work on it. Once you finish it, choose the next one. The feeling of accomplishment will encourage you to keep going.
- 1. Get help when you need it.** It's never a weakness to ask for help. Contact your university's counseling center or a local mental health association to talk with someone about how you are coping.