

Today, 10 October, is World Mental Health Day

We are here to remind you that it is just as important to take care of your mental well-being as your physical well-being.

Here are three hacks to help work on your mental health from home.



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Hack #1 Positive thoughts

Consciously add positivity to your daily life by keeping a gratitude journal.

Think about your life and consider all its different aspects: family, friends, relationships, education, health and hobbies.

What are you grateful for? Don't just focus on the big things. Think especially about the smaller things. The key to positivity lies in noticing the small things around us.

Examples could be: I feel fit and healthy, the sun is shining, or I enjoyed spending time on my hobby today.



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Hack #2 Fact checking

Minimize the effect that your negative thoughts have on your emotions.

By checking the facts within your thoughts you can gain a more realistic picture of the situation.

1. Identify your emotion

Write down how you feel

2. Find the thoughts

What caused the emotion? Emotions often stem from our interpretation of a situation.

3. Check the facts

Check whether your thoughts are factual or if they contain assumptions. Are there any inaccurate thoughts?



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Hack #3 Opposite action

In situations, try to act in a way that is opposite to how you feel.

Say you have a certain feeling. Try to think of an action that would be opposite to how you feel. Do this consistently and you'll start to feel a lot better.

For example, you feel afraid of something so try to avoid it. What would be the opposite action? Try going towards it or exposing yourself to it a little more.



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