

FAST FACTS

Mental hygiene

Mindset muscles

Do you brush your teeth at least once a day? If so, it might be obvious that, were you not paying attention to dental hygiene, it wouldn't take long before your teeth would begin to decay or your breath would make you undesirable company.

Hygiene is cleanliness. The act of paying attention to the current and future wellbeing of something. You will need to figure out what tools are needed to promote cleanliness.

Mental flourishing is represented with stability, calm, optimism, resilience and good emotional regulation. Whereas mental languishing can express as anxiety, overwhelm, an inability to think clearly, quick to anger, emotionally under developed or numbness. There are actions we can take to steady and upgrade the health of our mind.

Importantly, please remember that your head is very much a part of your body. Therefore psychology and physiology nestle compatibly together, meaning when you're taking care of your mind, you must also take care of your body.

Mental hygiene practices

Stress management: Learn how manage stress effectively is crucial. Examples are relaxation techniques, time management, exercise and emotional regulation.

Emotional Regulation: The ability to recognize and manage emotions in a healthy way is important for mental well-being. This includes understanding and addressing recurring depleting emotions like anger, anxiety, and frustration. [HeartMath biofeedback](#) is an excellent tool.

Positive Relationships: Longevity studies show significant impact on mental health, longevity and physical health. Social connections, support systems, and communication skills are crucial.

Avoiding harmful substances: Drugs and alcohol can negatively impact mental health



Self-care: Engage in regular exercise, healthful eating, sleep, fun, play, being in flow and activities that bring you joy.

Seeking help: Knowing when to seek professional help from therapists or counsellors is an essential aspect of mental hygiene.

Mindfulness and self-awareness: Can help to promoting a better understanding of mental state and [even grow regulating grey-matter](#) in our brains in just 6-weeks.

Healthy Boundaries: Can reduce stress, create space for self-care and maintain mental wellbeing

Learning and growth mindset: Personal growth, such as learning new skills or pursuing hobbies and interests, contribute to a positive outlook

Ways to maintain good mental hygiene

- **Regularly practice** forms of mental self care that work for you
- **Pay attention** to your mental health and what impacts it
- **Be willing** to adjust belief systems
- **Be aware** of your [mindset saboteurs](#)

Resources

[Understanding PERMA](#)

[Flourish](#) by Martin Seligman

[Healthy Boundaries](#) by Bee Pennington

[Mindset](#) by Carol Dweck

[Lost Connections](#) by Johann Hari