Keeping Your Mental Health Up
By: Jessica Niehoff

During this difficult and extremely stressful year, it is pretty sure to say that a toll has been taken on everyone's mental health. Stressing out about virtual school and trying to stay as safe as possible is not healthy for any of us. Trying ways to manage your mental health through these uncertain times has been difficult. Whether we are in virtual learning or in person learning, we all still have worries about Covid-19. Hopefully, these ways to help keep up with your mental health and help manage your stress or anxiety about school, the virus, or anything that is causing a toll on your mental health.

Keep a Journal
This may seem silly to some, but this is a great way to keep up with your mental health. Writing your thoughts and worries out on paper is a great way to vent and really know what you are feeling. Go buy yourself a journal, no one needs to know about it or ever read it, and it does not have to be grammatically correct. You can write anything you want from your thoughts, feelings, opinions, or jokes. This is a great way to help your mental health, especially this year.

Take a Break
It is extremely important to your mental health to take a break and relax. Try at least once a week to do nothing all day but relax. No school, no work, nothing that may cause you stress. Sleep in, watch your favorite TV shows and movies, take a nice warm bath, cook your comfort food. Those are all the things that you could do on your well-deserved day off. Taking a break can reduce your stress and slow you down if you are constantly doing things. Everyone needs a break, it is crucial to keeping up mental health.

Send Thank You Notes

It is important to give thanks to those who have helped you through these trying times. I have even done it myself to some of my teachers. By doing this, it will make you feel better because you are making others feel better. By doing this, you are not only improving your mental health but the ones you send the thank you to letting them know their importance. Who knows, you might even one day receive your own thank you note letting you know how important you are.

Go For a Walk

Through this year it has seemed like that we have not been able to get out as much however, you can still get outside and discover the beauty in your neighborhood which you may have not noticed before. Walks can help clear your mind and show you the beauty in the things around you, improving your mental health. So take a nice walk outside right now, bring a coat and admire all the cute Christmas decorations and lights surrounding you!

Have a Planner

Being overwhelmed is common to everyone right now. You could be overwhelmed with schoolwork and the craziness of Covid-19. One way to relieve this stress and improve your mental health is simply by just keeping a planner. Having a planner and filling it out at the beginning of each week will help you stay organized and remind you each day what you have to get done for the week. You can find planners almost everywhere, they are cheap and a great way to improve your mental health by helping you stay on track and organized.

These tips are simple to incorporate in your life, but will overall have a major impact and improvement on your mental health. Consider making these small changes in your life and you will hopefully see change in your mental health for the better in these uncertain times!