Daily Reminders for Your Mental Wellness

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Happy New Year and welcome back to school! Do you have any New Year's Resolutions this year? Do any include mental health? As January marks National Mental Wellness Month, you are encouraged to make your mental health a priority in your life as you would in any other month. Here are 4 quotes that can help you cultivate your mental well-being. You can also make your own list.

1. The ability to be in the present moment is a major component of mental wellness. --Abraham Maslow
   How often do we spend time thinking about what we need to do next or what we didn’t do well a moment ago? Although these thoughts occur naturally in our mind, they consume our energy greatly. By doing so, we lose the opportunity of enjoying the present moment and connecting to ourselves right here, right now. Begin the change by being more mindful of how you feel physically and mentally. Notice how the external environment and your inner thoughts affect how you feel. Pay attention to your breathing and notice how the pace of your breathing relates to your mood. You can achieve feeling content and peaceful by learning these techniques to be in the present moment.

2. Each time you set a healthy boundary, you say "yes" to more freedom. --Nancy Levin
   Sometimes when you want to say NO, but blurt out YES, you end up saying NO to your own needs. Healthy boundaries don’t come naturally, but can be mastered with practice. When you encounter a situation where you are not sure how to answer, pay attention to your bodily reactions and gut feelings. Is there any tension in your shoulders or stomach? Do you feel uncomfortable or want to hide? Your body is your best feelings thermometer. Be honest about your feelings and express them accordingly. People who you want to surround yourself with are the ones who respect your healthy boundaries.

3. Start each day with a grateful heart. --Author Unknown
   Think of 3 people and/or things that you are grateful for each day. Researchers found that people who feel grateful and express gratitude are generally healthier and happier, and are less stressed, anxious, depressed, or lonely. You can start the journey of gratitude by keeping a journal of blessings.

4. Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal. --Author Unknown
   Most of us have goals in our lives. Some goals are easier to achieve while others are difficult…and take time. Be proud of yourself for devoting time, effort, energy, determination, and personal strengths to work toward achieving your goal. Each step you take makes a difference in your life.