



Simple tips to boost your Mental Wellbeing

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Our health is something we generally take for granted when we are well. When we are not well, when some serious illness strikes us, most of us realise that nothing really works when we are ill. It is usually only at that point that we start taking our health seriously and giving it the time and attention it deserves. When our health goes, we often finally wake up and realise what truly counts in life and that sometimes, what we took for granted, excellent health, should not be taken for granted. Once when I attended a conference for entrepreneurs, one of the speakers, a very successful businesswoman, said if you want to have a successful business you must make your health a priority. Your physical, mental and spiritual health. Without it, nothing works properly for you.

Sometimes we do take care of our health. But usually it is our physical health. We tend to forget about our mental health and assume we will just be okay. However, in this chaotic world we live in, staying mentally healthy matters. In this article I am going to talk about some easy ways in which you can maintain your mental health. Keeping your mental health in check is very important. Now more than ever, life is difficult. It is unfamiliar. We are having to negotiate change at an unprecedented pace. If you are not mentally on an even keel this is particularly difficult.

Some simple ways to maintain your mental health:

1. Cultivate gratitude. It is so easy to get caught up in what is wrong in the world. There will be, for most people, things going right as well. So, notice even the small things that are going well and be grateful for them. We know that practicing gratitude can increase happiness, and that is something you want. When you wake up in the morning write down five things you are grateful for each day.
2. Manage your stress. Most illnesses, physical and mental, are exacerbated, if not caused by, stress. Regularly practice stress management techniques to stop your stress from reaching overwhelm levels. Once you are too stressed it can take a while to come back to normal again. This doesn't have to be difficult. Relaxation exercises, deep breathing, stretching and yoga can all help.
3. Connect with other people. Social isolation is not good for your mental health. Recent research is starting to show that it can be more harmful than we thought. Keep in contact with friends and engage in some social activities every now and again.

4. Give back. There is also considerable research that giving to others helps you feel better. Volunteering helps you take your mind off your troubles, increases connection with other people, and makes you feel good.
5. Get back into nature. Go for a walk in a nearby park, or go hiking over the weekend. You can also, if you like this sort of thing, do some trail running or cycling.
6. Laugh. Watch a funny video. Attend a comedy show. Read a funny story.
7. Be active. This could include dancing, exercise, gardening, walking the dog, or even cleaning the house. The hormones released help deal with stress and anger, and the activity helps you sleep better.
8. Set some goals and achieve them. It helps build confidence and a sense of competence. This could be learning a new skill. It could be taking a course you have always wanted to take. It could be engaging in a new hobby.

In the past few years several athletes have withdrawn from tournaments citing their reason as their mental health. Some have been very critical of this action. However, what these athletes know, is that you cannot perform at your best, and sometimes you can only perform poorly if your mental health is not good. The same is true even if you are not an elite athlete. People tend to think of mental health as being sane rather than crazy. However mental health is not just a case of you have it or you don't have it. There are lots of states in between fantastic mental health and really terrible mental health. And whatever you are doing in your life, if your mental health is not great (which doesn't have to mean you have a mental illness), you will be compromising your ability to be competent and productive and to do well. You definitely do want to make sure you look after your mental health. And in the same way attention is paid to physical health, you want to pay attention daily, weekly, and monthly to keep in top shape mentally if you want to be productive and successful in life.