

Your Mental Health matters

30 MINDFUL TIPS FROM BETTERHELP

elephant JOURNAL

betterhelp

01



AVOID "PRODUCTIVITY ANXIETY"

Especially around New Year's, many of us get obsessed with being "productive." However, that obsession can become counterproductive when it goes too far. Here are some tips for avoiding the trap of Productivity Anxiety:

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02



ASK YOURSELF, "WILL IT MATTER?"

Life comes with a lot of uncertainty. The 10-10-10 Rule is a great mindfulness technique to use when you need a perspective shift. Asking yourself if what you're worried about will matter in 10 days, 10 months, or 10 years can help you see things from a broader perspective.

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03



TAKE YOURSELF ON A DATE

Taking yourself on a date is a great way to practice self-care! In fact, we are more in tune with our emotions when we slow down and get to know ourselves. Here's what "dating" yourself can look like:

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TRY PHRASE SWAPPING

Our words affect how we feel about ourselves. To show up confidently, try these phrase swaps:

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SELF-CARE CHECK

There are many different ways to practice self-care. Here are four important ways to make sure you're looking out for yourself: 😊

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5 WAYS TO ENERGIZE YOURSELF IN WINTER

Here are five tips for when your energy is low during the winter: ❄️🧡

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07

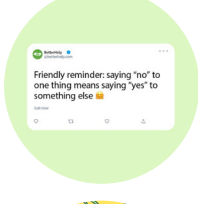


IT'S OKAY TO FEEL SAD

There are no right or wrong emotions. It's okay not to feel okay.

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SOMETIMES WE'RE SCARED TO SET BOUNDARIES

Saying "no" to one thing means saying "yes" to something else. 🍀 Remember, when one door closes, another opens. 😊

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09



PLANTS CAN HELP YOUR WELL-BEING

Indoor plants provide great decor and make any place look more aesthetically pleasing. 🌿 Did you know they can also benefit our mental health? Here are three ways:

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6 REASONS PETS HELP OUR MENTAL HEALTH

It's no secret that pets bring joy to many people. 🐾 But did you know they also benefit our mental health? Here are six ways pets can help:

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GET RID OF A NEGATIVE HABIT

Sometimes the key to getting rid of a habit that no longer serves you is replacing it with one that does. Here are some tips on how to approach this:

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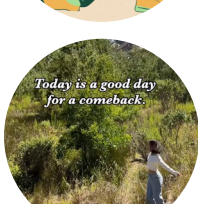


KEEP NEGATIVE SELF-TALK IN CHECK

Don't let negative thoughts dictate the story you live by. YOU control your narrative. Own it and lead with positivity.

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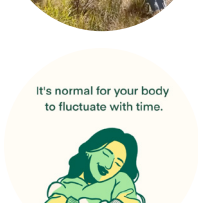


MAKE A GREAT COMEBACK

No matter how many times life knocks you down, each new season is a chance to come back stronger. Focus on today, put in the work, and keep moving forward. You deserve a great comeback.

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GIVE YOUR ROOTS SPACE TO THRIVE

If you wouldn't leave a plant pot-bound, why do it to yourself? Clothes are supposed to work for YOU, not the other way around. Wear what fits and thrive in comfort.

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LIVE AS YOUR FAVORITE SELF

Here's your daily reminder to be the version of yourself that you enjoy the most – the self that embraces your quirks, comforts you when you're feeling low, and laughs off your mistakes. Celebrate what makes you unique.

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FOCUS ON WHAT YOU WANT VS. WHAT OTHERS HAVE

Constantly comparing yourself to others robs you of the happiness that comes from appreciating your unique journey. Remember: Everyone's path is different, and just because you aren't where someone else is doesn't mean you're not on the right path.

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EMBRACE YOUR INNER CHILD

Remember those parts of yourself that others made you feel ashamed of as a kid? It's time to reclaim them with joy and confidence. Here are a few ways to do this:

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SEEK OUT SOCIAL CONNECTIONS

Making new friends can feel impossible. Whether you're in a new home, community, or dealing with social anxiety and isolation, here are some tips to help you find love and connection:

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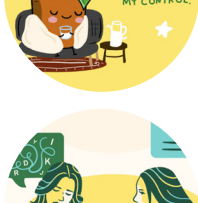


STOP STRESSING OVER THINGS YOU CAN'T CONTROL

When you stop stressing about things you can't control, there is more energy to focus on the things you can. Here are some examples of what you can and cannot control:

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5 COMMUNICATION TIPS FOR SOCIAL ANXIETY

Everyone struggles with communication from time to time – especially in new or high-stress environments. Here are some tools to help you stay confident in difficult conversations:

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SLOW DOWN

This season, give yourself permission to slow down. Even small, intentional pauses can help you recharge and remind you that there's more to life than work. Embrace the quieter pace of winter to reset, refocus, and find balance.

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CREATE A DOPAMINE MENU

Nurture your mental health with simple, feel-good activities via a Dopamine Menu. Here's what it might look like:

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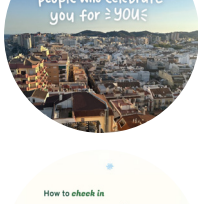


SURROUND YOURSELF WITH PEOPLE WHO CELEBRATE YOU

Surround yourself with people who support you in all your uniqueness. Remember to uplift others who may be different – there is strength in our differences.

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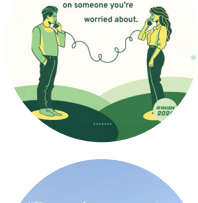


HOW TO CHECK IN ON SOMEONE

When someone we care about is struggling, our instinct is to help – but we don't want to overstep. Here's our guide to an effective and empathetic check-in:

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WAYS TO ASK FOR HELP

It's an honor to be asked for help by someone you love. Don't be shy—lean on your community by asking questions like these:

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EXPERIENCE GLIMMERS

Glimmers are the opposite of triggerers. They're small moments of positivity that help us manage difficult emotions – like a breath of air when you feel underwater. Appreciate a sunrise or enjoy a moment of silence during a hectic day.

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FIND JOY IN THE LITTLE THINGS

There's so much love and beauty around us when we open our hearts. Remember to take a moment to be mindful and grateful.

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RECHARGE YOUR SOCIAL BATTERY

Most of us don't have a limitless social battery. Whether drained by stress at work, a large group event, or a packed calendar, we all need a moment to reset. Try these five recharge tips:

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TRY SOMATIC THERAPY

Did you know that we often experience mental health challenges in our physical bodies, too? Somatic therapy helps us heal by connecting the mind and body.

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LEARN TO LET GO

Nothing lasts forever, but letting go is hard. It doesn't always happen on its own! Try these tips to help you get "unstuck" and move on:

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Elephant isn't just a big web site. We're community-driven. We're dedicated to sharing "the mindful life" beyond the core or choir, to all those who don't yet know they give a care. We focus on anything that's good for you, good for others, and good for our planet.