

How to overcome challenges in your daily life to improve your mental wellbeing



Today you can begin new approaches to everyday life that can contribute to your mental health and wellbeing.



Globally, over **264 million** adults suffer from anxiety and stress each day and over **280 million** battle depression.¹

There are ways to improve your mental health and wellbeing. Beginning with how we handle every day tasks and encounters with others can help to make a difference.

Ways you can start to improve your mental health and wellbeing

Combat stress with simple tricks like this:

- Replace phrases in your every day self-talk from, “have to” and “can’t” into “choose to” and “choose not to”. This will remind you that there is a choice. Your body responds differently when it does not feel stuck.
- Practice self-compassion, which is treating yourself as kindly as you would a good friend.

Research shows that people who are self-compassionate are less likely to be depressed, anxious and stressed.



Self-compassion and the words we choose can increase our overall wellbeing

How to make a negative interaction less stressful

Use “What” skills²

- Observe the experience
- Describe the experience using a verbal label
- Be fully present in the moment without feeling self-conscious

Use “How” skills²

- Learn to experience in a non-evaluative and non-judgmental way
- Focus on one thing at a time and keep your attention on problem solving
- Be effective, keep your focus on the goal regardless of the mood

Applying the “What” and “How” skills helps keep the issue external and not personal. It also helps you not dwell on it as long which alleviates tension and stress.



Did you know...

Daily habits like positive self-talk, giving yourself an encouraging word or practicing forgiveness contribute to overall happiness, resilience and optimism about the future.³



Finding an outlet can cut down on negative emotions and help alleviate stress

- Regular exercise can lift emotions
- Meditation helps to provide an inner space of peace
- Opportunities for fun and laughter help combat stress

Scan this QR code to watch a short video giving **3 tips to better manage stress each day.**



Resources For Living is here to help.

If you’re dealing with a more severe form of stress or need support we are here to help. We offer in-the-moment support with licensed counselors by telephone, televideo and chat.

¹[Depression](#). World Health Organization. Accessed January 2023.
²Courtney E. Ackerman, MA. [22 Mindfulness Exercises, Techniques & Activities For Adults](#). Positive Psychology. Accessed January 2023.
³Leslie Riopel, MSc. [15 Most Interesting Self-Compassion Research Findings](#). Positive Psychology. Accessed January 2023.
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