Mindfulness is the practice of purposely focusing your attention on the present moment, and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness.

Some of the benefits of mindfulness include the following:

- Improves well-being
- Improves physical health
- Improves mental health

Mindfulness can be cultivated through meditation, a systematic method of focusing your attention. You can learn to meditate on your own, following instructions in books or on tapes. However, you may benefit from the support of an instructor or group to answer questions and help you stay motivated. Look for someone using meditation in a way compatible with your goals.

Source: Positive Psychology: Harnessing the Power of Happiness, Personal Strength & Mindfulness; Harvard Health Publications
6 Life-Changing Strategies to Boost Mood, Build Resilience, and Increase Happiness

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life’s setbacks and hardships. Whether you’re looking to cope with a specific mental health problem, handle your emotions better, or simply to feel more positive and energetic, there are plenty of ways to take control of your mental health.

Mental health refers to your overall psychological well-being. It encompasses the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. People who are mentally healthy have a sense of contentment; a zest for living and the ability to laugh and have fun; the ability to deal with stress and bounce back from diversity; a sense of meaning and purpose; the flexibility to learn new skills and adapt to change; a balance between work and play, rest and activity; the ability to build and maintain fulfilling relationships; and self-confidence and high self esteem.

How to Boost Your Mental Health

There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental health. Here are some helpful strategies:

- Make social connection a priority, especially face-to-face
- Stay active
- Learn how to keep your stress levels in check
- Eat a brain-healthy diet
- Don’t skimp on sleep
- Find purpose and meaning in life

If you’ve made consistent efforts to improve your mental and emotional health and still aren’t functioning optimally at home, work, or in your relationships, it may be time to seek professional help. Following these tips will still be beneficial, though, but input from a caring professional can help motivate us to take better care of ourselves.
The Importance of Kindness

Being kind can strengthen your relationships and sense of satisfaction in life. Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. Being kind often requires courage and strength, and is an interpersonal skill.

Science has shown that devoting resources to others, rather than having more and more for yourself, brings about lasting well-being. Kindness has been found by researchers to be the most important predictor of satisfaction and stability in a marriage. Many colleges, including Harvard, are now emphasizing kindness on applications for admission.

There are different ways to practice kindness. Here are a few:

- Open your eyes and be active when you see people in need
- Celebrate someone you love
- Give honest compliments
- Helping an elderly neighbor
- Sharing homemade food
- Refuse to gossip
- Donate old clothing and items to those in need
- Tell the truth, but in a gentle way
- Be kind to yourself

Source: https://www.psychologytoday.com
Anxiety
Anxiety is that feeling one sometimes gets when uneasy or distressed about future events. Those with persistent underlying anxiety find they aren't performing everyday tasks as well as they need to. This is more serious than the situational anxiety felt when meeting new people, talking in front of others, or at a job interview. Anxiety disorders do not go away on their own, but they are among the most treatable mental disorders. If untreated they can become chronic. Anxiety disorders can be treated with a combination of psychotherapy and medication. The treatment plan should consider each person’s needs and choices. A person should consult a healthcare professional when choosing the right treatment. Source: [www.psychcentral.com](http://www.psychcentral.com)

Depression
Depression is a common and serious mental disorder that is more than feeling sad. It is a serious illness that affects a person’s thoughts, feelings, behavior and physical health. People with depression may feel sad, hopeless, angry, irritable, and tired. They may have physical symptoms such as stomachaches, headaches, migraines, and muscle pains. They may have suicidal thoughts and attempt suicide. Untreated depression can disrupt relationships with family and friends, and seriously interfere with work, school, and other daily activities. Depression is often ignored or untreated. People may not recognize the symptoms, may be too depressed to seek treatment, or may be afraid to talk with family or friends for fear of appearing weak. As with any mental illness, a person should contact a healthcare professional when choosing the right treatment. If you are having suicidal thoughts or know someone who is, contact the Suicide Prevention Lifeline at 800-273-TALK (8255). Source: [www.psychcentral.com](http://www.psychcentral.com)

7 Pink Flags That Could Signal a Behavioral or Emotional Disorder in Your Child
If you have concerns about your child’s mental health, start by discussing them with your pediatrician. These are the most common behaviors to look out for:

- Disordered sleep
- Tummy trouble
- Obsessive thoughts or fears
- Guilty conscience
- Explosive anger
- Dark thoughts

Source: [www.parents.com](http://www.parents.com)