



Stay connected with friends and family

Sometimes socializing can seem overwhelming but having the support of friends and family can actually reduce stress and improve your mood.

Spend time outside

Try to get outside periodically throughout the day; even just spending time in your backyard or taking a walk around the block can be helpful.

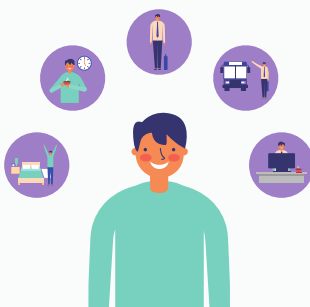


Get a good night's sleep

This goes hand in hand with sticking to a routine. Breaking your normal sleep routine can have negative effects on your overall mental well-being, so try to stick to your typical sleep schedule.

Practice positivity and gratitude

Taking five minutes a day to write down the things you're grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive. It's important to build time into your routine to practice positivity or express gratitude, to improve your mindset and boost your mood.



Keep a routine

One of the best things that you can do to preserve your mental well-being is to stick to a routine. Maintaining as much normalcy as possible with your daily routine can help lift your mood by reducing the stress and anxiety that can come with an unorganized schedule.