

# 4 Mental Health Tricks you can Play on Yourself

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If you struggle from time to time with a vague feeling of anxiety, and recognize the signs of needing a mental health day, here are some quick, easy ways to help boost your mood and mental state in times of stress or danger of spiraling depression. (These tips can't replace needed medication or therapy, but they are useful if you want to try to supplement correct treatment with some DIY tricks!)

Much like your physical health, good mental health requires regular maintenance. Finding time in your schedule for self care or mood boosting activities can be essential.

## **Create Art**

There's a reason that adult coloring books are selling like hotcakes right now. Creating beauty through something as simple and basic as coloring can calm the mind, create feelings of happiness and peace, and bring on feelings of nostalgia as you unplug from an overworked and overstimulated existence. Best of all, you aren't restricted to crayons - try fine tipped markers, pastels, colored pencils, or even paints.

## **Play Games**

Crosswords, word searches, and Sudoku require some mental acuity to master, but are a great way to improve memory and reduce stress. You can use logic and knowledge to expand your brain and give satisfaction. Video games can also be fun, even simple ones like Tetris can give you a good feeling. If you like more interaction, find a local Bingo night and sign up - it can be an inexpensive way to get you out and socializing.

## **Get a Massage**

Massages are good for your mental health! Studies show that a massage can not only decrease feelings of stress or anxiety, but actually release physical tensions and release endorphins, erasing the damage stress does to your body. Massage can even help people overcome sleep issues, and can provide some relief to those with chronic health conditions like fibromyalgia or MS.

## **What's that Smell?**

Great smells can also act as good memory triggers, focus certain parts of your brain, and induce calmness, sleepiness, relaxation, euphoria, and other positive emotions. Try lavender, chamomile, ylang ylang, sandalwood, or frankincense for a quick mental and emotional health boost

These tips can provide a quick, easy way to enhance your mood and avert feelings of anxiety and depression for some. When used in combination with recommended treatment, they can significantly improve your daily life and make staying on an even keel easier.