6 Ways to Boost Mental Health Care Treatment at Home

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While the cultural dismissal of the need for mental self-care is directly tied to the stigma against those facing mental illness, emotional well-being should be a priority for everyone.

The 1 in 4 Mental Health Stat

Sadly, a staggering one in four people globally will experience a mental health issue at some point in their life. If mental health clients are encouraged instead of shut down when they try to seek help, they can benefit greatly.

Following up outside of the therapist's office is crucial, however. Clients who learn to help self-manage their mental and emotional state, whether they are on prescribed medication or undergoing behavioral therapy, can benefit from at home techniques to supplement (not replace) their therapy and / or pharmaceuticals.

1. Journaling. Writing down thoughts and feelings, even non-positive ones, can help get them out in the open where they can be examined, dealt with, and put aside. Most mental health professional urge their patients to journal, even if they never share their writings with anyone else.
2. Meditation. Meditation has emotional, mental, and even physical benefits. Regular practice can help patients learn to manage their stress, fear, and anger. There are many types of meditation which can be explored.
3. Exercise. Many mental health issues have some components of chemical imbalances that can be alleviated in part by the endorphins released through exercise. Exercise can take any form.
4. Education. Encouraging patients to read (well grounded, peer reviewed) material n their condition can help them understand why they feel and act the way they do and empower them to claim ownership and recognize when they are experiencing a challenge.
5. Good nutrition. A balanced diet can make many mental health issues easier to manage, whether by providing more energy, allowing enjoyment of eating, or providing a buffer for the system when daily meds need to be taken.
6. Support systems. Having people around to help out and support the patient can lead to faster recovery and a happier existence. The support system is best when it's spread out over a range of people and not all on one person.

Consider bringing these things up with mental health clients and suggesting them as ways to

supplement their treatment. Being able to manage at home is a large part of recovery. Your mental health professional insurance can keep you from being held liable if a patient takes advice the wrong way.