

## **9 Mental Health Resolutions for the New Year**

written by CPH Insurance | January 17, 2017

Not all New Year's resolutions focus on finances, weight, and general health, some extend to mental health as well. Here we have some mental health resolutions that are solid goals not only this year, but every year. You can share these with your clients who struggle with change, and help them regain their sense of balance.

1. I will commit myself to being physically active each day. Studies have shown there is a link between mental and physical health.
2. I will resolve to be mentally healthy in the upcoming year. While there is still a stigma associated with seeking the aid of [mental health professionals](#) in the US, seeking out the assistance of a certified professional to sort through our mental and emotional baggage is one of the healthiest things we can do.
3. I will learn to relax and enjoy life. Commit yourself to carving out some time each day to "shutting down" and doing something for yourself that helps you rest and recharge your mental and emotional batteries.
4. Diligently speak nicely about yourself and treat yourself with respect. All good things begin from within, and a positive outlook on ourselves is a key to attracting more positivity into our lives.
5. Don't be too hard on yourself. Remind yourself daily that as a human, you will make mistakes or miss goals, and that is okay. What is important is going forward in these situations in a positive manner.
6. Stay mindful and in the moment. Don't dwell too much on the past or spend too much time fixating on the future. Remember to live in the here and now and enjoy all that life has to offer.
7. Act instead of reacting. Rather than allowing yourself to get caught up in reacting to the actions of others that push your buttons, be prepared with a mental list of disarming statements to counteract the negative statements of others.
8. Do not allow yourself to be defined by a label. Instead of thinking and speaking of yourself as being overweight, anxious, depressed, etc... say instead "I have depression and today I will exercise to help manage that."
9. I will strive to become the person I want to be. View life as a journey full of adventures rather than a series of obstacles you have to overcome. Enjoy the ride that life is, rather than focusing on the bumps in the road.

Always make sure that your work as a mental health professional is covered by your [mental health professional insurance policy](#). Advice you give can be covered with the right policy.