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# 9 Unique Ways To Beat Mental Health Problems

By Gwen Payne – August 2022

If you’re struggling with mental health issues, you can improve them by changing your lifestyle. However, you must know that you’re not alone. In 2020, 26.3 million Americans used [mental health services](https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI_2020MH_ByTheNumbers_Adults-r.pdf) to boost their mental well-being, and one in 15 Americans had a substance use disorder or mental illness.

Today, [Life’s Journey](http://www.lifesjourney.us) will show you nine ways to overcome your mental health challenges in this article.

## 1. Start Working From Home

Since the COVID-19 pandemic started, [working from home](https://blog.hubspot.com/marketing/productivity-tips-working-from-home) has become more common. The benefits of working from home include more time with family, more free time to work out, less time commuting, and far less stress. Many companies are mixing remote and office work now, including Adobe, Twitter, and Spotify.

## 2. Read Self-Help Books

[Self-help books](https://fourminutebooks.com/best-self-help-books/) are incredible for teaching you valuable life lessons and improving your mental health. There are various excellent mental health books, including Change Your Brain, Change Your Life, Hope and Help for Your Nerves: End Anxiety Now, and Burnout: The Secret to Unlocking the Stress Cycle.

## 3. Go Swimming

Many forms of exercise can boost your mental health and [release your endorphins](https://selfhacked.com/blog/endorphins/). However, swimming is the best because it’s the least stressful for your body. Start swimming laps and growing your cardiovascular fitness.

## 4. Learn Yoga and Meditation

Sometimes, the oldest practices are the best – especially when you’re trying to [increase the positivity](https://www.redfin.com/blog/clearing-bad-energy-from-your-home/) in your home. Yoga and meditation have excellent physical and mental health benefits, and there are plenty of videos you can watch online to get started. Meditation in particular can be a great way to transform your home and make it more conducive to positive thinking and overall wellness.

## 5. Buy Self-Care Products

Buying [self-care products](https://indigoauraselfcare.com/collections/gift-set), such as soy candles, bath salts, and essential oils, is one of the best ways to boost your mental health. When you’ve had a hard day at work, relax in the bath and use these products to soothe your body of stress and anxiety.

## 6. Reconnect With Friends

Reconnecting with old friends is a great way to boost your mood and increase your sense of social connectedness. If you’d like to find old friends who aren’t on social media, the easiest way is to use a search engine to find and contact classmates from your graduating class.

## 7. Get a New Haircut

When you’re feeling frustrated with yourself, [getting a new haircut](https://ocoiffurespa.com/en/why-getting-a-haircut-is-so-important/) can leave you feeling refreshed and content. What hairstyles have you noticed lately? There are many excellent barbers and hairdressers. Find a reputable salon, choose a fresh style, and feel yourself transform into a new person. It can be an excellent way to boost your self-esteem.

## 8. Spend More Time With Your Family

Family is always important when your mental health hits the floor. However, when you’re busy with your career or business, it can be hard to find time for your family. Nevertheless, ensure you leave space in your schedule to relax with your family. Take them to a ballgame or restaurant or watch a movie with them.

## 9. Learn How To Draw

For many people, drawing can be an excellent way to boost mental health. If you don’t know how to create beautiful drawings, you can learn from various online courses. It's an excellent way to relax.

## Boost Your Mental Health Right Now

You don't have to suffer from mental health issues. By taking steps like practicing yoga, working from home, and reconnecting with old friends, you can improve your mental health.

[***Life’s Journey***](http://www.lifesjourney.us) ***explores the many aspects of life’s journey. It contains Reflections – bits of wisdom, ideas, and insights for you to try on. If you have any questions or anything you’d like to share, please email*** [***admin@lifesjourney.us***](mailto:admin@lifesjourney.us)***.***

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