

# 5 Simple Steps to Boost Your Mental Health at Home

Written by Dr. Claudia Mejia

Making time for mental health can feel overwhelming, having to juggle responsibilities at home, at work/school, with friends or family, and countless to-dos. Here are 5 quick ways to practice mental healthcare at home:

## Cover your basics!

Taking care of our bodies is essential for mental health. This means sleeping well, eating nourishing foods, staying hydrated, and moving our bodies daily. *Try adding one small thing today; one more glass of water, veggies with dinner, or a walk around the block.*

## Connect!

Connection is critical to mental wellbeing. This can be a phone call to someone that's been on our mind, a dance party with family in the living room, or a few minutes of genuine conversation with a partner. *Consider who you could connect with today.*

## Get Creative!

Take time to engage in creativity. *Find 5 minutes today (or more!) to write, draw, dance, or play.*

## Cultivate gratitude!

Thinking about what we're grateful for is a science-proven way to shift our mood and promote positive mental health. *Grab a pencil and paper and jot down 3 things you're grateful for today.*

## Change your environment!

Sitting in our usual spot on the sofa or bed, binging a show, or scrolling mindlessly on social media can exacerbate our feeling down or in a rut. Switching up our setting can be a breath of fresh air, literally. *Step outside or head somewhere in your home you typically don't spend time in and see how that shifts your mood.*

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(the Society for the Psychology of Women) of the American Psychological Association. Dr. Mejia centers her lived experience as a Latina psychologist navigating systemic barriers and her experience of over 10 years as a mental health provider to help elevate mental health and wellbeing.

As the first and oldest organization solely focused on children diagnosed with childhood cancer and their families, Candlelighters has been a beacon of light for families in Southern Nevada for 45 years. Candlelighters is proud to serve approximately 400 families and 1,200 children, both siblings and diagnosed children, each year. In the last decade alone, it has provided nearly \$13 million in financial assistance, emotional support and quality of life programs and services to families in our community in order to help with the significant costs of childhood cancer including medical expenses, rent and mortgage, and travel for treatment. For more information, please contact us at: [candlelightersnv.org](http://candlelightersnv.org) | (702) 737-1919