

GUIDE TO IMPROVING MENTAL HEALTH THROUGH DAILY HABITS



By:
Lili Jacob

Abstract

Mental health plays a vital role in our overall well-being, influencing how we think, feel, and interact with the world around us. The "Guide to Improving Mental Health Through Daily Habits" explores the transformative power of small, consistent actions in fostering a healthier mind. This guide covers a range of practical topics, including the benefits of a clean environment, the impact of physical activity, and the role of a balanced diet in maintaining emotional stability.

Additionally, it highlights the importance of quality sleep, gratitude practices, and effective stress management techniques. Designed for individuals seeking simple yet impactful ways to enhance their mental wellness, this guide serves as a resource to inspire and empower. By incorporating these habits into your routine, you can cultivate a resilient mind and achieve a more balanced, fulfilling life.

Getting Started

Improving your mental health doesn't have to involve drastic changes; it begins with small, intentional steps that fit seamlessly into your daily routine. In this guide, we'll introduce you to practical habits that promote mental well-being, from keeping your surroundings clean to practicing mindfulness and gratitude.

Start by assessing your current lifestyle and identifying areas that need improvement. Are you prioritizing self-care? Is your sleep schedule consistent? This guide will help you establish routines that nurture your mind and body, ensuring you stay resilient in the face of life's challenges.

Whether it's setting aside time for exercise, simplifying your living space, or creating moments of calm through meditation, these habits can make a world of difference. Let's embark on this journey to a healthier, happier you.

"Small daily habits can lead to a lifetime of mental well-being and inner peace."

1. What Is Mental Health and Why Does It Matter?

Mental health is about how people think, feel, and behave. Mental health care professionals can help people manage conditions such as depression, anxiety, bipolar disorder, addiction, and other disorders that affect their thoughts, feelings, and behaviors.

Mental health can affect a person's day-to-day life, relationships, and physical health. External factors in people's lives and relationships can also contribute to their mental well-being. Looking after one's mental health can help a person maintain their ability to enjoy life. This involves balancing their activities, responsibilities, and efforts to achieve psychological resilience.

Stress, depression, and anxiety can affect mental health and may disrupt a person's routine. Although healthcare professionals often use the term "mental health," doctors recognize that many mental health conditions have physical roots.



This article explains what mental health and mental health conditions mean. It also describes the most common types of mental health disorders, including their early signs and how to treat them.

The WHO definition of mental health

The WHO states that mental health is "more than the absence of mental disorders." Peak mental health is about managing active conditions and maintaining wellness and happiness. The organization also emphasizes that preserving and restoring mental health is important at individual, community, and societal levels.

In the United States, the National Alliance on Mental Illness estimates that almost 1 in 5 adults experience mental health problems each year.

In 2021, an estimated 14.1 million adults in the U.S., about 5.5% of the adult population, had a serious psychological condition, according to the National Institute of Mental Health (NIMH).

Risk factors for mental health conditions

Everyone is at some risk of developing a mental health disorder, regardless of age, sex, income, or ethnicity. In the U.S. and much of the developed world, depression is one of the leading causes of disability.

Social and financial circumstances, adverse childhood experiences, biological factors, and underlying medical conditions can all shape a person's mental well-being.

Many people with a mental health disorder have more than one condition at the same time. It is important to note that mental well-being depends on a balance of factors, and several elements may contribute to the development of a mental health disorder.

The following factors can contribute to mental health conditions.

Socioeconomic pressure

Having limited financial means or belonging to a marginalized ethnic group can increase the risk of mental health disorders as a result of biases in healthcare.

A 2015 Iranian study describes several socioeconomic causes of mental health conditions, including poverty and living on the outskirts of a large city.

The researchers also described flexible (modifiable) and inflexible (nonmodifiable) factors that can affect the availability and quality of mental health care treatment for certain groups.

Modifiable factors for mental health disorders include:

- socioeconomic conditions, such as whether work is available in a local area
- occupation
- a person's level of social involvement
- education
- housing quality

Nonmodifiable factors include:

- gender
- age
- ethnicity
- nationality

The researchers found that being female increased the risk of low mental health status by nearly four times. People with a "weak economic status" scored highest for mental health conditions in this study.

Biological factors

The NIMH suggests that a person's family history can increase the likelihood

Trusted Source of mental health conditions, as specific genes and gene variants put a person at higher risk. However, having a gene associated with a mental health disorder does not guarantee that a condition will develop.

Likewise, people without related genes or a family history of mental health conditions may have a mental health disorder.

Chronic stress and mental health disorders such as depression and anxiety may develop due to underlying physical health problems, such as cancer, diabetes, and chronic pain.



Summary

The term “mental health” refers to a person’s cognitive, behavioral, and emotional well-being. It affects how people react to stressors, engage with others, and make choices.

According to the WHO, peak mental health is more than the absence of mental health problems. It is the ability to manage existing conditions and stressors while maintaining ongoing wellness and happiness.

Factors such as stress, depression, and anxiety can negatively affect a person’s mental health and disrupt their routine.

A healthcare professional may help someone with a mental health condition to manage their well-being through a program of therapy or medications.

2. How Do Daily Habits Impact Mental Health?

Mental health is a widely discussed concept these days. You might notice discussions about mental health online, in conversation, on your favorite show, or any number of other places. But widespread, frequent use of any term can lead the meaning to become blurred, if not misinterpreted entirely. So, if you come across the term often but still have some uncertainty around exactly what “mental health” refers to, you’re definitely not alone.

“Mental health is about the functionality of your brain and all that impacts it,” says Oludara Adeeyo, a psychiatric social worker and author of “Self-Care for Black Women.”

In a nutshell, mental health includes your psychological and social well-being. It also encompasses your emotional health, or your ability to name, address, and regulate your emotions.

Many factors play a part in mental health, some of which you can't control, such as genetics, life experiences, and family history.

But you do have influence over a wide portion of your mental health, notes KC Davis, a licensed professional counselor and author of “How To Keep House While Drowning.”

The ability you have to influence your mental health is key, because your mental health matters, quite a lot.

What makes mental health so important?

Mental health helps determine how you handle stress, relate to others, and make choices, explains Alison Seponara, a licensed professional counselor and author of the book “The Anxiety Healer’s Guide.”

Seponara goes on to say that caring for your mental health can lead to:

- improved mood
- reduced anxiety
- clearer thinking
- deeper relationships
- improved self-esteem and confidence

Nurturing your mental health can also help you manage health conditions that are worsened by stress, like heart disease, says Seponara.

Your mental health can impact everything about your life, Adeeyo says, including the ways you view and move through the world and your ability to handle the things life throws at you.

That’s why building habits for better mental health can make a big difference in your day-to-day life.

1. Get restful sleep

Sleep isn’t just a nonnegotiable for physical health. It also plays an essential role in mental health.

One 2021 study included data from 273,695 adults in the United States. The researchers found that people who averaged 6 hours of sleep or less per night were about 2.5 times more likely to report frequent mental distress than those who averaged more than 6 hours of sleep.

The quality of your sleep matters, too: Disrupted sleep can contribute to mental health symptoms.

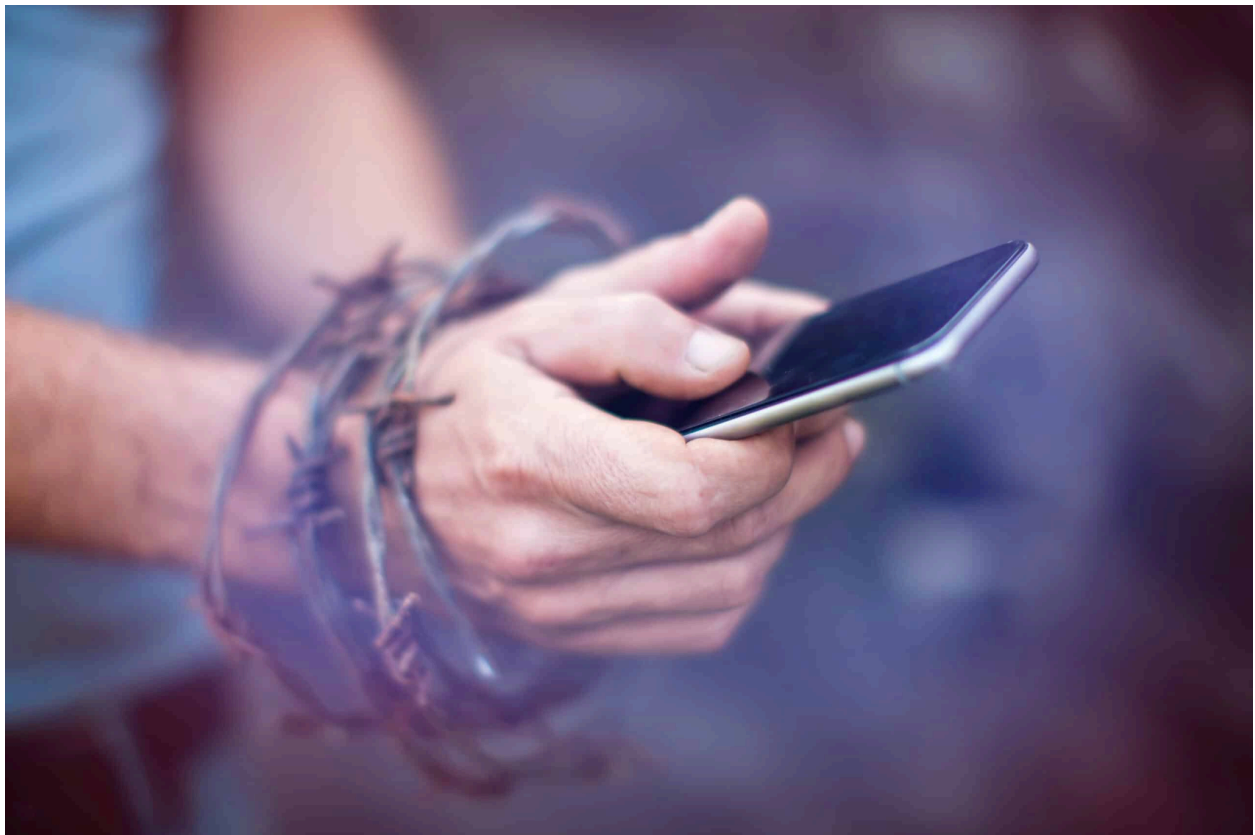
To get enough high quality sleep, try starting with these habits:

- Avoid caffeine after 3 p.m.
- Try to wake up and go to sleep at the same time every day.
- Make your bedroom into a quiet, relaxing, clutter-free space.
- Aim to keep the temperature in your bedroom somewhere around 65°F (18.3°C).

Healthy sleep habits can be harder to build on your own if you have a sleep disorder. If you think your sleeping issues may relate to a sleep condition, a sleep specialist can offer more information about helpful evidence-based treatments, like cognitive behavioral therapy for insomnia.

Know, too, that mental health concerns can also lead to poor sleep. So, changes to your sleep environment and nighttime routine might not make a lasting difference. If you don't notice much improvement, connecting with a therapist may be a helpful next step.

2. Cut back on social media



“Constantly consuming information about other people’s lives may cause someone to compare themselves and promote feelings of low self-worth, which increases feelings of anxiety and depression,” says Adeeyo.

To spend less time on social media, try to:

- keep your phone in a drawer or outside your bedroom while sleeping
- make a list of alternate, more meaningful activities to replace your usual scrolling sessions
- turn off notifications or delete social apps from your phone

3. Strengthen your relationships

Humans are social creatures, and strong relationships can have a positive influence on your mental health in various ways.

Friendships, for example, can:

- ease feelings of loneliness
- make it easier to get emotional support
- add meaning to your life

You have plenty of options for cultivating positive connections and nurturing your friendships:

- Keep in touch by checking in regularly, even with just a quick text or funny meme.
- Meet up for a morning walk or breakfast.
- Call for a short chat during your lunch break.
- Schedule biweekly or monthly dinner dates.

Making a point to catch up when you do spend time together can make a difference, too.

Research from 2018 suggests catching up and joking around in person predicted closer bonds above and beyond the number of hours participants spent together.

4. Move your body on your own terms

Exercise offers a range of mental health benefits, including:

- relieving stress
- lifting mood
- helping you fall asleep faster and sleep longer
- helping you manage symptoms of depression and anxiety conditions

Movement can involve something different for every person, and it doesn't have to mean going to the gym — unless you genuinely want to. Instead, make movement enjoyable for you by opting for physical activities that work best for your body, health, and preferences.

To get started, experiment with a range of physical activities and keep doing the ones that resonate with you.

Enjoyable movement could include:

- joining a running or walking club
- taking a slower-paced restorative yoga class
- trying seated exercises
- throwing a dance party

- taking stretching breaks every hour
- gardening or doing other work in your backyard
- a weekend family hike or walk along the beach

In other words, you don't have to do a vigorous workout to support mental wellness.

"Taking a few minutes to stretch can make a huge difference for your overall mental health. Stretching will help with blood flow and get more oxygen through your body, which can help you feel more relaxed and happy," says Christopher S. Taylor, PhD, LPC-S, founder of Taylor Counseling Group, author of "My Digital Practice" and host of the "For Self-Examination" podcast.

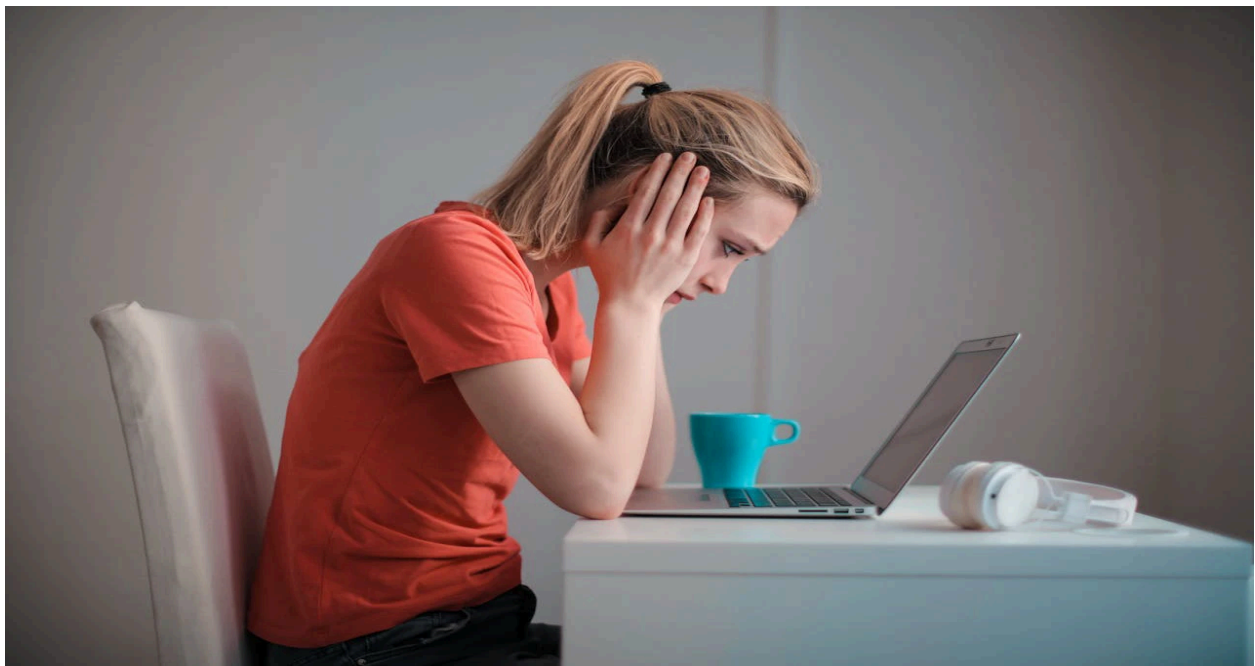
5. Savor nutrient-rich foods

Certain foods can also affect your mental health. To support improved mental health, try expanding your current diet to include foods packed with mood-boosting nutrients like:

- berries
- bananas
- beans
- whole grains
- fatty fish, like salmon

It can also help to simply make sure you fuel your body every day — eating anything is better than eating nothing.

Drinking plenty of water throughout the day can also have benefit. "When you're dehydrated, you're denying your brain and body the nutrients needed to survive and operate at a more optimal level," Adeeyo notes.



Certain foods, namely alcohol, caffeine, refined carbs, and added sugars, may worsen anxiety symptoms. So, limiting these foods could help ease some of your symptoms.

3. What Are Simple Morning Routines to Boost Mental Wellness?

With hectic schedules and no time for ourselves, the lifestyle we live tend to take a toll on our mental health. Hence, it is essential to take certain measures to keep our mental health in check. Starting the tone for the day by following morning rituals can help enhance mental health. Read on to know five morning rituals to boost mental health.

In today's fast-paced world, maintaining Mental Health has become increasingly vital. Our morning routines can significantly impact our mental well-being throughout the day. By incorporating intentional practices into our mornings, we set a positive tone for the rest of the day, fostering resilience, reducing stress, and enhancing overall mental health.

Morning Habits to Improve Mental Health

Here are five-morning rituals that can help boost your mental health.

1. Mindful Meditation

Starting your day with mindful meditation can profoundly affect your mental state. Meditation helps in increasing focus, reducing anxiety, and makes you feel calm. Just 10-15 minutes of sitting quietly, focusing on your breath, and letting go of intrusive thoughts can create a mental buffer against daily stressors. Apps like Headspace and Calm offer guided meditation sessions that are perfect for beginners. Being consistent in meditation can improve your focus, increase emotional regulation, and enhance overall mental clarity.

2. Physical Exercise

Incorporating physical exercise into your morning routine can be a game-changer for your mental health. Exercise releases endorphins, the body's natural mood lifters. Whether it's a brisk walk, a yoga session, or a full workout at the gym, physical activity helps reduce symptoms of anxiety and depression. Morning exercise can improve your sleep quality, boost energy levels, and enhance cognitive function. Aim for at least 20-30 minutes of moderate exercise to reap these mental health benefits.

3. Healthy Breakfast

Nutrition plays a crucial role in mental health. A balanced, healthy breakfast can stabilize your blood sugar levels, providing the energy needed to start your day on the right foot. Foods rich in complex carbohydrates, protein, and healthy fats, such as oatmeal with nuts and fruits, avocado toast, or a smoothie with leafy greens and berries, can improve mood and cognitive function. Avoiding high-sugar and high-fat foods helps prevent energy crashes and mood swings later in the day.

4. Journaling

Spending a few minutes each morning writing down your thoughts, feelings, and goals can help you process emotions, set intentions, and reflect on your personal growth. Journaling allows for self-expression without judgment, which can be therapeutic. It can also help you identify patterns in your thoughts and behaviours, making it easier to address negative thinking and cultivate a more positive outlook.



5. Digital Detox

The habit of reaching for your phone first thing in the morning can lead to immediate stress and information overload. Instead, consider starting your day with a digital detox. Dedicate the first hour of your day to activities that nourish your mind and body without the distraction of screens. This will help reduce stress, increase productivity, and improve your overall mental well-being. Engaging in non-digital activities such as reading a book, practising a hobby, or spending time in nature can create a more peaceful and focused start to your day.

4. How Can Cleaning Your Space Improve Mental Well-Being?

Coming home to a littered living space can increase your stress levels exponentially. Clothes piled up on the chairs, a line up of shoes near the entrance, dirty dishes in the sink, toiletries scattered in the bathrooms and toys strewn over the carpets create an unwelcoming space. It reminds you of the pending cleaning chores and the little time you have to complete them. An unclean home leaves you frustrated and irritated, affecting your mental health.

A clean and organised space evokes calmness and contentment, while a messy and unkempt home makes you stressed and anxious. Thus, cleaning the house can help you calm down the jitters if you are feeling hassled most of the time. It can reinforce the feeling of being in control of

your emotions and letting go of negativity. Let us help you understand the link between cleaning and mental well-being and how it can be leveraged to improve your health and home.

1. Cleanliness is Therapeutic

A chaotic house is the last thing you want to witness after a long day at work or returning after a shopping spree. It can instantly spoil your mood and make you angry. Thus, bad temper is directly related to your environment. A clean home is like a peaceful sanctuary that is inviting and mentally stimulating. It brings a sense of tranquillity and makes you feel relaxed.

Thus, you must focus on creating a spotless living space to take your mind off the stress-inducing activities of the day and enjoy the peace at home. When things are organised and neatly stacked, it makes you happy and quietens the mind. It makes you feel in control of your surroundings and rejoice in consistency. If you do not have the time for regular cleaning, you can hire cheap end of lease cleaning Melbourne for house cleaning services. It will help bring balance back in your life.

2. Organised Living Improves Relationships

Many family disagreements start because of the mess in the house. While parents can be upset with disarrayed rooms of their kids, partners become frustrated cleaning up behind each other. When things are systematically arranged, and surroundings are regularly cleaned, it helps maintain harmony in relationships.

All family members must chip in and take responsibility for cleaning their mess. Every member must be assigned duties to keep the house clutter-free and smelling fresh. It reduces disputes and improves the mood of all the members. It is also helpful in enhancing sleep quality and enjoying fun activities and healthy banter with loved ones.

3. Neatness Induces Positivity

Cleaning the house allows you to feel satisfied and accomplished. It helps release chemicals like dopamine and serotonin that evoke happiness and pride. A neat home exudes positivity and keeps you refreshed and energised. It helps maintain health and hygiene, which further improves overall well-being and a positive state of mind.

This is why many homeowners hire the best end of lease cleaning Melbourne services to maintain the internal environment. A spick-and-span home ensures happy faces and charmed guests.

4. Decluttering Reduces Stress

When you are feeling snappy and annoyed, decluttering the house helps to calm the mind. Cleaning the house when you are feeling depressed and dejected can help uplift your mood. Research has proven that cleaning helps release feel-good chemicals called endorphins.

Conversely, an organised home can ensure that the stress-inducing hormone cortisol remains controlled.

High stress levels can affect mental wellness, and a cluttered and dirty house can contribute to anxiety. Systematic arrangement of household items helps you find stuff easily, and wiping dust from shelves and counters can make you feel happy.

5. Cleanliness Enhances Productivity



A thoroughly cleaned and sanitised house boosts the productivity of the family members. An organised space allows them to focus and concentrate without worrying about the clutter in the house. Litter creates confusion and anxiety, while cleanliness promotes agility and vitality. Thus, you must remove all the excess materials and organise the cupboards, cabinets, and shelves to increase your energy levels and drive to perform.

Business owners hire companies offering end of lease cleaning Melbourne to ensure their employees stay efficient and organised. The professionals help improve the indoor air quality, which uplifts mood instantly. A flawless living and work space keeps the occupants in high spirits and enthusiastic. They feel motivated to give their best and stay mentally alert and positive.

6. Tidiness Improves Your Health

A clean house is devoid of germs and dirt that can cause allergies and sickness. Regular dusting, vacuuming and mopping ensure the family members stay healthy and fit. Cleaning and sanitising also reduce the risk of mould and mildew infestations in the house, which are common in damp areas like bathrooms.

A decluttered house creates ample free space to walk around, eliminating the probability of tripping over objects. Since cleaning has been proven to reduce stress, doing the dishes or vacuuming the carpets can help eliminate work or relationship-related stress. A tidy house also provides the perfect environment for mindfulness, which is beneficial in improving mental well-being.

Wrapping Up

Cleaning and mental wellness are closely connected because disorganised and untidy spaces lead to confusion, worry and pressure. Thus, you must keep your home clutter-free and clean at all times. If it seems challenging to manage the workload, you can hire Melbourne end of lease cleaning professionals to do the job.

5. How Can You Identify and Change Unhealthy Daily Habits?

Old habits can be hard to break, and new habits hard to make. But with these six basic steps, you can develop new, healthy behaviors that stick.

Can You Retrain Your Brain?

Mike wrote a list:

- Make a healthy snack.
- Go to the gym.
- Don't waste time on cell phone.
- Read a classic novel.
- Housetrain Rex.

Just 24 hours later, Mike munched celery sticks while reading his favorite classic novel. His legs were sore after an hour on the treadmill, while Rex waited patiently by the back door to go out

Do you believe this? Probably not.

In reality, Mike was on the couch, one hand in a bag of chips, the other on his cell phone. The unopened gym bag and copy of his classic novel was on the floor, which Rex had soiled once again.

That's more plausible, right? We all know habits don't change overnight — not for simple doggies and not for big-brained human beings. But research shows that just like Rex can learn that he should go potty outside instead of on Mike's gym bag, you can rewire your brain to change your habits. We humans just need a subtler approach than a few treats and "good boys" to change our ways.

Here's how Mike (and you) can better understand how habits form and how to replace bad ones with good ones.

6 Steps to Changing Habits



1. **Identify cues.**

Something has to trigger a habit, and a cue can be anything. Maybe stress makes you crave chocolate, or the sound of your alarm triggers you to hit the snooze button. Identifying cues helps you understand what puts your habits into motion.

2. **Disrupt.**

Once you know the cues, you can throw bad habits off track. If the alarm cues you to bash the snooze button every morning, put the alarm clock on the other side of the room. Trekking across the floor will likely disrupt the snooze habit.

3. **Replace.**

Research shows that replacing a bad behavior with a good one is more effective than stopping the bad behavior alone. The new behavior “interferes” with the old habit and prevents your brain from going into autopilot. Deciding to eat fruit every time your mind thinks “cookie” substitutes a positive behavior for the negative habit.

4. **Keep It simple.**

It's usually hard to change a habit because the behavior has become easy and automatic. The opposite is true, too: New behaviors can be hard because your brain's basal ganglia, the “autopilot” part, hasn't taken over this behavior yet. Simplifying new behaviors helps you integrate them into your autopilot routines.

5. **Think long-term.**

Habits often form because they satisfy short-term impulses, the way chewing on your nails might immediately calm your nerves. But short-term desires often have long-term

consequences, such as nasty, splintered, chewed-up fingers. Focusing long term while trying to change some habits will help you remember why you're investing in the effort.

6. **Persist**

Research has shown that what you've done before is a strong indicator of what you'll do next. This means established habits are hard to break. But if you keep at it, your new behaviors will turn into habits, too. Persistence works — at first it might be painful to get up at 5 a.m. for that jog, but soon it will be second nature.

Let's check back in with Mike. He gave it another go with these tips in mind. This time, he tossed the chips and replaced them with veggies; when his brain craved salty, fried potatoes, it found carrots instead. He promised himself that when he was tempted to spend too much time on his cell phone, he'd disrupt the urge by picking up a book instead.

Finally, Mike kept his gym bag in the car so he couldn't forget it again — the first step toward forming a 15-minutes-on-the-treadmill-during-lunch habit. (And don't worry about Rex — it turns out his potty problems weren't a bad habit at all, but a protest to get attention from a neglectful owner who played on his phone too much. This problem resolved itself.)

So, habits can be changed, and with a bit of time and some effort, healthy behaviors can become second nature. Now get on it, so you can be Healthy for Good!

6. What Are Long-Term Benefits of Improving Mental Health Daily?

Taking steps to improve mental health on a daily basis can bring profound long-term benefits, fostering not just emotional well-being but also enhancing physical health, relationships, and overall life satisfaction. Daily practices that focus on mental health, like meditation, exercise, proper sleep, and stress management, can build resilience and empower individuals to navigate life's challenges more effectively.

1. Enhanced Emotional Resilience

One of the most significant long-term benefits of improving mental health daily is the development of emotional resilience. This is the ability to bounce back from adversity, setbacks, or stress. When you practice daily habits that support mental health—such as mindfulness or journaling—you learn how to manage your emotions in a healthy way. Over time, you become less reactive to stressors and are better able to approach difficult situations with a calm and balanced mindset. This resilience helps you handle life's challenges more effectively, whether they involve work pressures, personal conflicts, or unforeseen circumstances.

2. Reduced Anxiety and Depression

Daily efforts to prioritize mental health have been shown to reduce the risk of mental health issues like anxiety and depression. Regular physical activity, healthy sleep routines, and relaxation techniques can help regulate mood, reduce stress, and lower the risk of developing mental health disorders. The consistency of these habits creates a sense of stability and calm, which plays a crucial role in reducing anxiety. For individuals already experiencing depression or anxiety, daily practices can serve as part of a comprehensive treatment plan, leading to symptom relief and overall better mental health.



3. Improved Self-Esteem and Confidence

Practicing daily mental health habits can also help improve self-esteem and self-worth. When you make your well-being a priority, you send a message to yourself that you are worthy of taking care of. Engaging in activities like exercise or mindfulness boosts positive self-talk and fosters self-compassion. Over time, this builds greater confidence as you see improvements in your mood, mindset, and overall well-being. As your mental health improves, you become more confident in your ability to handle challenges and trust yourself in making decisions that align with your values.

4. Better Physical Health

Mental health has a direct impact on physical health, and improving mental health on a daily basis can lead to long-term physical benefits as well. Stress reduction techniques such as deep breathing and meditation have been proven to lower blood pressure, reduce the risk of heart disease, and improve immune function. Additionally, regular exercise, which is a common part of mental health improvement strategies, helps boost energy, improve sleep quality, and reduce

the risk of chronic conditions like diabetes and obesity. The mind-body connection is strong, and by taking care of your mental health daily, you are also caring for your physical well-being.

5. Healthier Relationships

As you improve your mental health, your relationships with others tend to improve as well. Consistent mental health practices, such as practicing empathy, mindfulness, and effective communication, can enhance how you connect with others. Daily self-care habits can help you manage stress and respond to others more thoughtfully, which in turn fosters healthier relationships. Over time, this can improve personal connections, making them more supportive, trusting, and fulfilling.



6. Greater Life Satisfaction

When you prioritize mental health every day, you naturally develop a more positive outlook on life. Daily practices help you build habits that focus on gratitude, mindfulness, and self-awareness, all of which contribute to greater life satisfaction. By being intentional about your mental well-being, you gain clarity, purpose, and a sense of fulfillment that permeates all areas of life. Whether it's in your career, personal life, or hobbies, a stronger mental health foundation leads to increased happiness and a higher quality of life.

Bottom Line

Improving mental health through daily habits is a powerful way to foster long-term well-being. By incorporating simple practices like exercise, mindfulness, and proper sleep, you can build resilience, reduce stress, and enhance your emotional and physical health. Consistency is key—small daily efforts lead to lasting benefits that positively impact every aspect of your life, from relationships to personal happiness. Prioritizing mental health every day is an investment in a more balanced, fulfilling, and empowered future.

References

What Is Mental Health and Why Does It Matter? | What is mental health? , Retrieved 22 Mar, 2024, From,

<https://www.medicalnewstoday.com/articles/154543>

How Do Daily Habits Impact Mental Health? | 8 Daily Habits to Boost Mental Health — and Signs It May Be Time to Get Support, Retrieved 2 May, 2022, From,

<https://www.healthline.com/health/mental-health/habits-to-improve-mental-health>

What Are Simple Morning Routines to Boost Mental Wellness? | 5 Morning Rituals That May Help Boost Mental Health, Retrieved 26 June, 2024, From,

<https://www.timesnownews.com/health/mental-health/5-morning-rituals-that-may-help-boost-mental-health-article-111267156>

How Can Cleaning Your Space Improve Mental Well-Being? | Retrieved 17 June, 2024, From,

<https://www.bondcleaninginmelbourne.com.au/the-link-between-cleaning-and-mental-well-being/>

How Can You Identify and Change Unhealthy Daily Habits? | How to Break Bad Habits and Change Behaviors, From,

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/how-to-break-bad-habits-and-change-behaviors>

What Are Long-Term Benefits of Improving Mental Health Daily? | Good mental health, From,

<https://www.healthdirect.gov.au/good-mental-health>