

Mental Health Hygiene Kit

A Guide To Building Better Mental Health Through Every Day Habits and Routines.



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Introduction

Growing up, we are taught to do things like brush our teeth, take showers, wear deodorant, and eat our vegetables. These are habits and behaviors that will help us resist sickness, and preserve our health better than if we were not doing those things. We call that hygiene.



Do you want to know what most of us were not taught. We were not taught how to quiet the outside world, how to give space to emotions, or pause and reflect.

We were taught how to prevent the spread of physical disease, and maintain physical health. But not how prevent escalation of mental health disorders or maintain mental resiliency.

We can't blame our parents or teachers. They didn't know how either. But we know differently and better now. Most of us are still learning it. It's not easy. We have a lot of baggage we are carrying around. We are trying to heal and make good habits.

That is what this booklet is for. To help you build healthy mental health hygiene so you can stay resilient and prevent the build up of mental health disorders.

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FOUNDER,
BETTERME NATION



*Regular Routines Around
Strengthening Mental Health Make
You More Capable of Handling The
Hard Stuff With Confidence So You
Can Ambitiously Focus On
Becoming Your Best Self.*



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5 Pillars Of Mental Health

Mindfulness



Mindfulness is quieting the outside world so you can pay attention to what is going on inside of you.

Sleep



If we don't get enough sleep, our brain suffers. When our brain suffers, so does our mental health.

Community



Without community, we lose our sense of belonging and purpose.

Nutrition



The food we eat is either fuel for growth or an inhibitor to function.

Movement



When we move our body, we improve mental clarity and emotional regulation.

Mindfulness

Why Mindfulness Matters

This world is full of distractions. Most of these distractions keep us artificially stressed, amplify anxiety, spawn restlessness, and feed sadness. When we practice mindfulness, we silence the outside voices. When we learn the tools and skills to practice mindfulness we take control of what and who gets our attention, nurture truth-based beliefs, and are capable of how we respond to adversity.

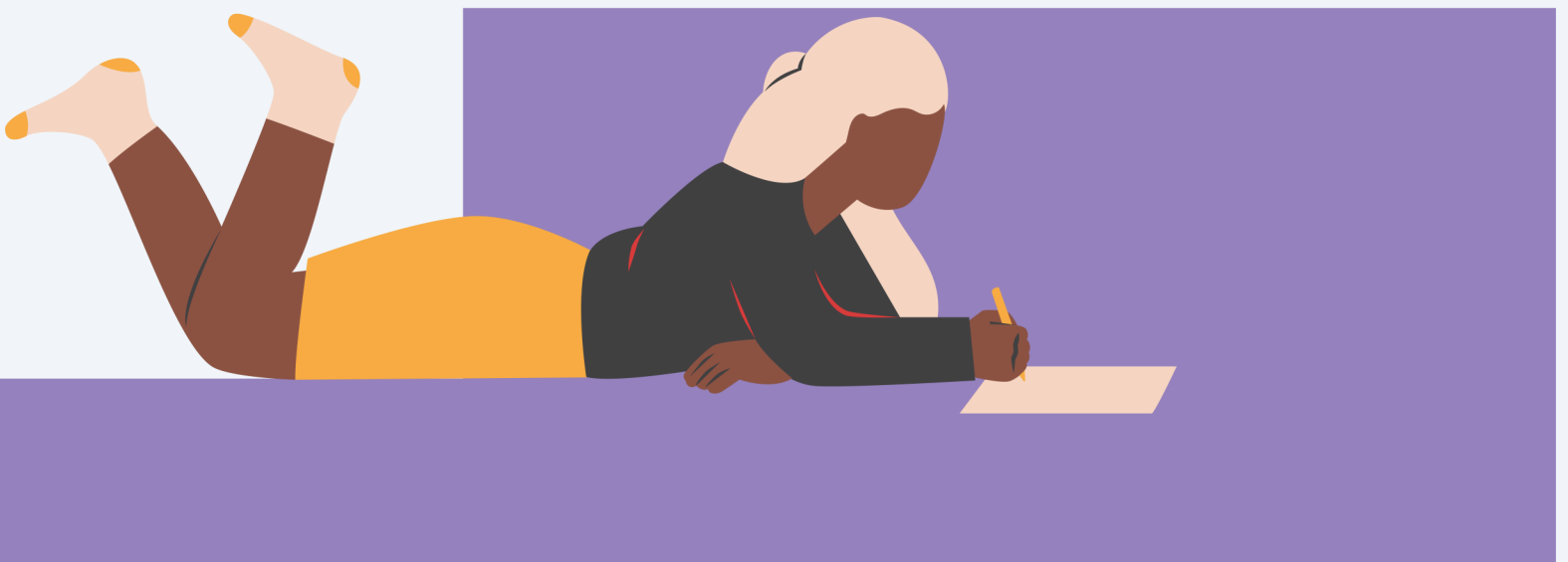
Barriers To Mindfulness

- Social media
- Instant entertainment
- Smart phone notifications
- Text messages
- Stress
- Lack of knowledge
- Being over-committed
- Burn-out
- Physical exhaustion

Mindfulness Tools and Tactics

There are many tools to help you. Here are some our favorite:

- Guided meditation apps
- Prayer
- Journal writing
- Nature hikes
- Calming music
- Digital disconnects
- Breath work
- Cold plunges
- Solitude
- Yoga
- Tai Chi
- Gratitude reflections



Why Sleep Matters

Sleep is how our brain rejuvenates. Among many things, our brain is responsible for regulating everything that dictates how capable we are of having strong mental health. This includes hormone regulation, making good choices, and the nervous response system.

When we lack sleep, we lack the capacity to take care of our mental health.

Barriers To Good Sleep

- Stress
- Sleep apnea
- Poor diet
- Anxiety
- Late night screen time
- Alcohol
- Caffeine
- Artificial lighting
- Poor night-time routines

How To Improve Sleep

To improve our sleep, you need to make it a priority. Here are some behavioral practices and natural remedies that may help you sleep better.

- No screens before bed
- Stop eating 2 hours before bed time
- Mindfulness practices
- Automated light dimming
- Magnesium supplements
- Epsom salt baths
- Limit alcohol and caffeine intake.
- Sleep aid drinks



Community

Why Community Matters

Communities offer a social structure that help individuals rise above feelings of loneliness. The shared experiences, values, and goals connect people together; giving them a sense unity, purpose, and collective strength against adversity.

Barriers To Having A Good Community

- Time
 - Work obligations
 - Family demands
 - Insecurities
 - Money
 - Physical capacity
-

How To Expand Your Communities

Expanding our communities takes effort. Here are some simple things you can do to expand your communities, as well as tips that require some level of effort.

- Be kind to everyone
 - Be curious
 - Do things you've never done before
 - Take on a new hobby
 - Volunteer
- 

Nutrition

Why Nutrition Matters

Food serves two purposes: fuel our body and to be enjoyed. The right food can be both.

If we put in junk, we get junk out. That includes how our brain responds to food and what it has to work with when regulating mental and emotional health. When we are enjoying food, we tend to share it with others. Creating a sense of community.

Barriers To Good Nutrition

- Added sugars
- Harmful dyes and additives
- Excessive processing
- Access to fresh fruits and vegetables
- Affordability
- Poor education about food
- Misleading labels and food advertisements
- Self-discipline
- Lack of cooking ability

Improving Your Nutrition Intake

There is no shortage of advice on healthy eating. But here is ours:

- Make small commitments, one at a time
- Crowd out bad foods by adding in healthy foods
- Cook your own food as often as possible
- Avoid fast food, soda, and sugary drinks
- Avoid refined carbohydrates



Movement

Why Movement Matters

When we move our bodies on a regular basis we reduce stress, add more oxygen to our blood stream (benefits our brain function), improve our sleep patterns, build self-confidence, increase our energy and stamina, and have improved mental alertness.

As you know by now, all of those things are good for our mental health.

Barriers To Moving Our Bodies

- Time
 - Motivation
 - Energy
 - Fun / Excitement
 - Self-Confidence
-

How To Improve Daily Movement

The best way to improve mental health is to just get started. Here are simple things you can do to get started.

- Daily walk
- Join a sports league
- Schedule your workout
- Get a workout buddy
- Schedule, “Movement Breaks” at work for 10-minutes each.



Build Your Mental Health Hygiene Kit



1 Build Your List

Create a list of all the things you can do, and would enjoy doing. List at least 5 from each pillar category. They can be from the ideas found in this booklet, or from other sources.

2 Choose One

Choose at least one from each category to do each week. You can create routines and do the same thing every week, or you can mix it up and choose different activities.

3 Schedule as tasks or turn them into routines.

Once you have decided what you will use as part of your mental health hygiene, it's time to make time for them. Some items, like journaling will be good for morning or evening routines. Other items like doing new things - are best to be scheduled into your calendar.

4 Adapt As Needed

Don't be afraid to experiment, change your mind, or start over. Figuring out what works for you will most likely include trial and error.

Allow yourself to be flexible and create room for continuous change.



Build Your List

Add your own ideas to the lists below.

Mindfulness

Meditation

Cold Plunge

Journaling

Prayer

Breath Work

Solitude

Nature Hikes

Gratitude

Sleep

Salt Baths

Magnesium

No Screen Time

Sleep Drinks

Mindfulness

Limit Caffeine

Dimmed Lighting

Limit Alcohol

No Late Eating

Community

Volunteer

Be Kind

New Hobbies

Be Curious

learn New Things

Build Your List

Nutrition

- | | | |
|---|---|--------------------------|
| <input type="checkbox"/> Crowd Out | <input type="checkbox"/> Reduce Sugar | <input type="checkbox"/> |
| <input type="checkbox"/> Add Vegetables | <input type="checkbox"/> Limit Processing | <input type="checkbox"/> |
| <input type="checkbox"/> Cook Meals | <input type="checkbox"/> Avoid Fast Food | <input type="checkbox"/> |
| <input type="checkbox"/> Eliminate Soda | <input type="checkbox"/> Small Changes | <input type="checkbox"/> |
| <input type="checkbox"/> No Refined Carbs | <input type="checkbox"/> | <input type="checkbox"/> |

Movement

- | | | |
|--|---|--------------------------|
| <input type="checkbox"/> Daily Walks | <input type="checkbox"/> Movement Break | <input type="checkbox"/> |
| <input type="checkbox"/> Sports League | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Workout Partner | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Join Gym | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> At Home Workout | <input type="checkbox"/> | <input type="checkbox"/> |



Choose Your Activities

You only need to choose 1 to get started. But some people may choose to select 2-3 for items they want to try later, or do on a rotating basis.

Mindfulness



Sleep



Community



Nutrition



Movement



Schedule Time



Routines are a great way to turn recurring tasks into habits.

For example, if you are trying to get better sleep and enjoy journaling, considering adding journaling into a nightly routine.

Maybe your night routine looks something like this:

- Stop eating and turn off digital devices at 8:00 PM
- Start unwinding at 9:30 PM
- Read for 30 minutes
- Journal for 15-20 minutes
- Bedtime by 10:00 PM

Not all mental health hygiene activities can be part of a routine.

If you want to join a sports league (hint: this hits both community and movement), commit to find a league, join a team and attend the practices and games.

Adapt As Needed

You will undoubtedly find activities you love more than others. You may also be surprised how much you enjoy some activities that previously you would have thought otherwise.

Don't get locked in immediately to certain mental health hygiene tactics, or how to do them. Be patient, feel free to explore, be curious, modify, or even walk away completely from some and replace them with others.

Wrap Up

Having good mental health hygiene does not mean you won't have mental health challenges. Just like brushing your teeth is not a guarantee of no cavities. But what it does do lesson the impact of mental health challenges, make you more resilient, and keep you focused on becoming your best self.



Making change is hard. Taking care of yourself is hard. That is OK. You can do this. It is not nearly as hard as the anguish associated with being helpless against anxiety, depression, suicidal thoughts and hundreds of other mental health disorders most of us will face at one time or another.

If you choose to invest in your mental health, you will not find yourself helpless. I know you will be grateful you chose to invest in your mental health.

About BetterMe Nation

BetterMe Nation helps people improve every category of health: physical, mental, brain, emotional, and spiritual.

We do this by helping companies build better wellness programs that people actually want to use, 1:1 private coaching, and online training.

Whatever your health and wellness goals are, BetterMe Nation is a place where you belong and can get the support, guidance, and help you need.