

DAILY ACTIONS FOR MENTAL HEALTH



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True wellbeing is not about being happy all the time or never feeling stressed. Instead, it is about learning how to manage daily pressures, understanding your feelings and knowing how to reset and move forward when you hit a setback. The art of reframing is how you can shift your negative thought loops using behavioral methods.

The daily pressure of secondary school can be overwhelming at times. So much so that you may feel that nothing is going right, or that it would be acceptable to sacrifice your mental well-being for the sake of doing well in 'just this one test'. The infinite loop of putting your self-care second could end up causing permanent negative thought loops to manifest themselves into your mind.

However, through simple behavioural methods you can reshape your impressions of your life, and you may see that if you put a positive spin on certain things they may seem more manageable.

Finding the right balance during stressful times is all about mixing proactive relaxation with things that genuinely bring you joy. When exam pressure starts piling up, stepping away to practise mindfulness or meditation can help your mind relax. It is equally important to take out time for your favorite hobbies, whether that is journaling, dancing or even playing music can really help manage your mental load and prevents academic burnout. Physical movement is another way to improve our mental health. Research from Sport England and ASICS indicates that even short bursts of physical activity, such as just 15 minutes of moderate movement like gardening, walking, or a quick run can be enough to lift your mood. Consider this sign to step away from the desk, get outside and move your body.

Taking these breaks is essential because it helps break the negative cycles of stress and overthinking that can impact your brain. Continuous anxiety floods your system with stress hormones, making it harder to focus, retain information and think clearly.

By actively interrupting those negative thought loops and consciously shifting toward a more positive, compassionate mindset, you give your brain the space it needs to reset and function at its best. Taking care of your mind isn't just about feeling better in the moment, it is about building routines and being consistent, creating an established structure that protects your long-term psychological health.

Ultimately, building a consistent daily routine that weaves together studying, physical movement, and relaxation is the best way to maintain long-term balance. Your mental wellbeing is just as important as your physical health, and protecting it ensures you have the energy and resilience to handle whatever challenges come your way.



-By Aashritha

