

Mind Your Mental Health

Seven ways to cope with your mental illness

Living with mental illness is not easy. Finding the right coping mechanism takes time and patience, but it can enormously impact how you feel. Here are some suggestions to help yourself.

Set realistic goals—decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Set realistic goals, and aim higher when those are reached.



Take care of your body—eat nutritious meals, avoid tobacco and illicit drugs, drink plenty of water, exercise and get enough sleep.



Have a happy place—a happy place is somewhere you can escape the stress and constraints of everyday life and feel completely at ease. Whether it be a busy shopping mall or a secluded beach, it is that place you go to be fully present with yourself.

Start a journal—writing can help put perspective around how you are feeling and allow you to see the progress you've made.



Develop a hobby—from singing to cooking and just about every hobby in-between, taking time to relax with an activity you enjoy helps reduce stress, improve mood, encourage socialization and ward off depression.



Engage in healthy, positive relationships—make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

Break up the monotony—a little change of pace can perk up a tedious schedule. Change your running route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.



Help is available. For additional information, visit [MagellanHealth.com/MYMH](https://www.MagellanHealth.com/MYMH)