

5 Simple Steps to Boost Your Mental Wellbeing

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Build Strong Relationships

Strong social connections can improve your odds of survival by 50%—the health impact of social isolation is comparable to smoking 15 cigarettes a day.



Move Your Body & Mind

In one study, a 12-week yoga program reduced participants' stress scores by over 28%, proving more effective than aerobic exercise for stress and anxiety.



Challenge Your Mind

Learning a new skill boosts self-confidence, raises self-esteem, and can help you build a sense of purpose.



Practice Kindness

Acts of giving create positive feelings and a sense of reward, giving you a feeling of purpose and helping you connect with people.



Understand Your Thoughts

Journaling is a powerful, low-cost tool to process feelings and challenge negative thoughts, helping to reduce symptoms of anxiety and depression.