



October 10 is World Mental Health Day

Mental health belongs in everyday life

When people hear the words mental health, they often think about mental illness. But mental health is much broader than that.

Just like everyone has physical health, everyone has mental health. It's part of your overall wellbeing. It affects how you think, feel, respond to stress, connect with others and move through daily life. And just like your physical health, it changes over time.

Some days you may feel energized, patient and focused. Other days may feel heavier. A demanding job, raising kids, caring for aging parents, financial stress, relationship changes or simply the pace of life can all take a toll. That's part of being human.

Mental health isn't something to think about only during tough times. It's something worth nurturing every day. It's about building habits, relationships and support that help you care for yourself, cope with life's challenges and show up for what matters most.

Mental health looks different for everyone

Our mental health changes throughout life, and so do our support needs. What supports our wellbeing may change over time. Our culture, relationships, life experiences and personal values also influence what supports our wellbeing. What works for one person may not work as well for another.

Still, some things can support mental health throughout life, including:

- Feeling connected to others
- Having a sense of purpose
- Believing you have value
- Making choices that reflect what's important to you
- Looking ahead with hope, even during difficult times

These foundations often help build resilience and make it easier to navigate life's ups and downs.

Everyday ways to support your mental health

Supporting your mental health doesn't have to mean making major life changes. Small, consistent acts of care can help make a meaningful difference, such as:

- Getting enough sleep
- Moving your body regularly
- Eating nourishing foods
- Taking time to relax
- Spending time with people who matter to you
- Setting healthy boundaries
- Making time for activities you enjoy
- Asking for help when you need it

These habits won't remove stress or make life's challenges disappear. But practiced over time, they can help you manage stress, bounce back from setbacks more easily and support your overall wellbeing.

Knowing when you may need more support

Everyone experiences stress, disappointment and difficult emotions from time to time. If these feelings last for weeks or begin to affect your relationships, work, school or daily life, it may be time to reach out for support.

Other signs may include:

- Changes in sleep or appetite
- Feeling tired often
- Having trouble focusing
- Losing interest in things you usually enjoy
- Feeling angry or quick-tempered
- Taking more risks than usual, such as doing things that feel unsafe or unlike you



- Spending less time with family and friends
- Using alcohol or other substances to cope

Mental health concerns can present differently from one person to the next, depending on your personality, life experiences and circumstances. Noticing when something has changed for you is often the first step toward getting support.

Check in with yourself – and with others

One of the simplest ways to support your mental health is to check in with yourself from time to time.

Ask yourself:

- How have I been feeling lately?
- Am I getting enough rest?
- What's been causing me the most stress?
- Have I been making time for the people and activities that matter to me?
- Is there something I need help with?

Sometimes a quick check-in is enough to help you reset. Other times, it may remind you it's time to lean on someone else.

It's just as important to check in with the people around you. Asking someone how they're doing, listening without judgment and following up later can remind them they don't have to face life's challenges alone.

Support can take many forms

You don't need to wait until things feel overwhelming to ask for help. Many mental health concerns are treatable, and getting support can make a meaningful difference.

If you notice changes in your mental health, there are many ways to seek support. There isn't one right approach, and support doesn't always mean seeing a therapist, although that can be a helpful option for many people.

Support can look different depending on your situation:

- At home, sharing responsibilities, asking for help, or making time to rest and recharge.
- At school, talking with a teacher, counselor, mentor or trusted person, taking breaks, or using available well-being resources.
- At work, connecting with a manager or trusted colleague, setting boundaries or using workplace resources such as an employee assistance program or resource group.
- As a parent or caregiver, accepting help from others and making time to care for yourself too.

Support may also come from family members, friends, coaches, community organizations or health care professionals.

Digital tools can also be part of your support plan. Apps and online resources, such as Calm Health, may help you track your mood, practice mindfulness, build healthy habits, manage stress or connect with support. When choosing a tool, look for options from trusted sources and remember that digital tools can complement, but don't replace, care from a qualified health professional when needed.

The right support looks different for everyone, and you don't have to figure everything out on your own.

Mental health is part of your overall health. Caring for it is not a sign that something is wrong – it's a normal part of taking care of yourself. Small steps to support your mental health can help you handle life's challenges and stay connected to what matters most.

Seek support

If you or someone close to you is experiencing a mental health concern, consult with a medical or mental health professional.

Additional resources

Guide: [8 ways to support your mental well-being](#)

Video: [Boost your mental strength](#)

Sources

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