



Tips for Maintaining Mental Health

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As an international student, we need to manage many things at the same time. We have to focus on study, job, assignments, career, household, homesickness, etc. At some point I lost my mental peace – I couldn't eat, sleep and study well for a month and I made the decision to return to my country.

Then I realised that I am here for a better future, I can't give up like this, so I watched some videos and started following six steps to make my mind calm and cool:

1. Focus on one thing only
2. Be open to someone
3. Be thankful
4. Sleep on time
5. Play some sports
6. Take little break from time to time

I make sticky notes of these steps and put them where I can see them daily, like at my dressing table, refrigerator, etc. Every morning when I wake up, I say thank you to God and my parents, so I start my day with a positive attitude. I tried it for a week, then I started to focus on one thing. When I am at a lecture, I just try to focus on being present and try to forget about other things. I started to share how I was feeling with my best friend who is my mother. I called her when I started my day and also at the end of day when I got home, I am so thankful to have her.

In my spare time I go jogging and do some other activities which make me feel happy. Honestly, it takes time but when you start to spend the day in this way, trust me, every day will feel new for you. During the last semester break I took a small trip to Sydney, which was amazing and after that I felt relaxed from everything. I try to eat only healthy food and try new foods like salads which I never liked before. I am not an early morning person, but I try to sleep at least eight hours a night from 11pm to 7am. It was really hard in the beginning but now I am used to it.

All these habits have made me healthy as well as happy. So, I think, these steps might help some students or anyone who felt like I did. I would recommend following these steps, which might be helpful for you. It really works, try it!

TAKE A MOVEMENT TO TAKE CARE OF YOUR SELF

TIPS FOR MAINTAINING

Mental Health



FOCUS ON ONE THING

ALWAYS BE THANKFUL

SPORT

BE OPEN TO SOMEONE

SLEEP ON TIME

REST

BE KIND TO YOUR MIND