

Clinics 4A

TTSH Medical Centre, Level 4

Contact:

6357 7000 (Central Hotline)

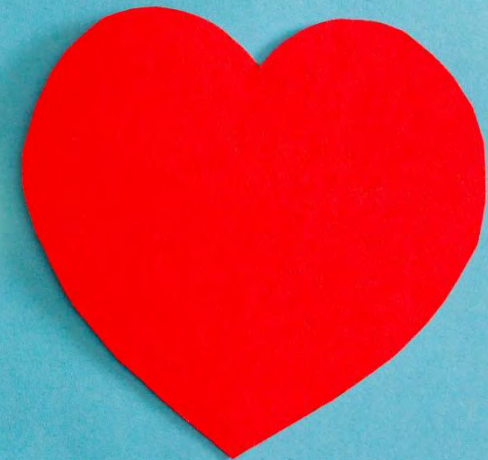


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Department of PSYCHOLOGY

Maintaining a Healthy Mind



Moving from pandemic to endemic, as we strive to be more mindful of our daily hygiene, practicing good mental hygiene is also essential to improve our psychological wellbeing.

We can all do our part to achieve a stronger body and a healthier mind.



What Is Mental Hygiene?

Mental hygiene is the practice of maintaining mental health by participating in daily activities that boost overall mental and emotional well-being.

Here Are Some Helpful Tips and Strategies to Practice Good Mental Hygiene:

1. Ensure Daily Self-Care

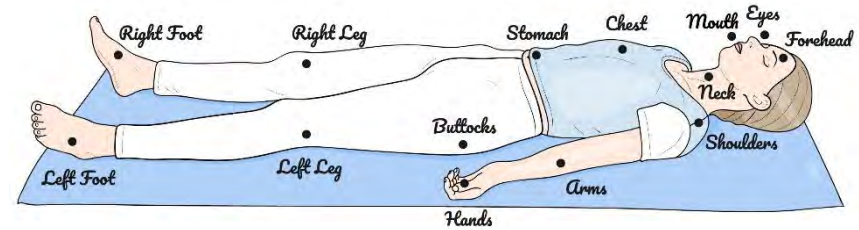


Practice positive affirmations (e.g. repeating positive phrases and statements) to self

2. Participate in Relaxation and Mindfulness Activities

A. Progressive muscle relaxation (can be done while sitting or lying down)

- Inhale and gently tense one muscle group at a time from the bottom to the top of your body (e.g. from foot, leg, hand, up to forehead) as hard as you can for five seconds. Feel the tension in your muscles
- Exhale and relax your muscles. Focus on the changing sensation. Imagine feelings of stress leaving the body
- Notice the difference between tension and relaxation



B. Practice **STOP** and breathe before reacting

- S** : Stop for just a moment
- T** : Take a deep breath - inhale positive energy and exhale any fears
- O** : Observe your experience such as noticing your bodily sensations, thoughts and emotions without judgment
- P** : Proceed to make a conscious response (e.g. staying calm)

C. Mindfulness meditation

- Notice your five senses and relax your mind by connecting with nature (e.g. noticing the scenes, smells, noises, and sensations) in your surrounding without judgment



Facts about Mindfulness:

Mindfulness can help to reduce stress, regulate emotions and promote your overall psychological wellbeing.

Let's practice it at least once a day!