

Mental Health Tips

Dr. Tara's Top 10

Practice these scientifically backed practices to promote optimism, belonging & resilience.



1. Be nice to Yourself

Self-compassion is treating yourself kindly, just like you would toward a friend in need.

2. Practice Kindfulness

Be aware of the present moment with heart. Pause and breathe a few times a day for as little as 3 minutes.

3. Turn Triggers into Challenges

Reframe inevitable failures and disappointments into life lessons. Remember how far you've come.

4. Create Healthy Habits

Take care of your body with regular physical activity, healthy eating, and a good night's sleep.

5. Get Outdoors

Refresh. As little as 10 minutes in an outdoor space with nature can do the trick.

6. Notice Little Things

Practice gratitude and awe. Take in the good. Savor.

7. Be Kind

Volunteering for one-hour-a-week increases longevity. For real.

8. Try Social Media Distancing

Take a brain break from social media and news. Avoid negative social comparisons. You are enough.

9. Accept What Can't Change

The one thing you can control is your response to life's encounters. Let go. Let be. Let love.

10. It's Ok To Ask for Help

Be brave. Share your story. Connect with others.



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Tara Cousineau, PhD



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