

Health Tips: The Best Ways to Use Your Phone for Mental Health Help



 By Nicole Maher

When we hear the words “mental health” and “cell phone” in the same sentence, we usually assume that their correlation is going to be negative. However, there are many different ways to use your phone to record or improve your mental health. Whether it’s downloading an app or logging off a platform, your phone can help you alleviate stress or anxiety. By implementing some of these [health tips](#) into your daily routine, you can begin to use your phone as an asset in your journey to better mental health.

Check out these five health tips for using your phone to improve your mental health.

1. Mental health apps: There are a large variety of mental health apps that can help you through a stressful or anxious time. Certain apps provide you with quick exercises to do throughout the day to slow your mind while others allow you to track your mood over the course of a week. There are also more in-depth apps that allow you to speak directly with counselors through text or call, which can be a great resource for particularly hard days.

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2. Journal entries: Many of us may keep more in-depth journals at home, but your phone is another great place to record quick entries. Try using the notes app to write mini journal entries throughout the day so you can keep track of your thoughts and feelings. These entries can be as simple as bulleted lists you write while standing in line for coffee or riding the elevator to your office. You can then look back at them after a few days and determine if the same thing was on your mind for the entire week.

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3. Calm playlists: We create playlists for long road trips and throwing parties, so why not create one for calming ourselves down? Having a go-to playlist for when you are feeling anxious is a great way to start developing a routine for calming down. By playing the same music every time you feel yourself getting stressed or worried, your body will eventually associate these songs with the need to relax, and may begin doing so automatically. These playlists can include songs that remind you of happier memories, or simply be slow, mellow songs that help you relax.

4. Guided meditation videos: If your schedule is too full to make it to an in-person session, or if you haven't tried meditation before, listening to guided meditation videos is a great addition to your mental health routine. These videos range from as short as ten minutes to longer than an hour, and can be found on Youtube or music streaming platforms. You can incorporate this mental health tip into your morning routine by listening to one before you leave the house, or put one on at the end of the day to clear your mind before falling asleep.

5. Log-off socials: It is no secret that social media platforms can be the root of certain stresses or anxieties. Whether you are experiencing FOMO from a certain event or feel

yourself getting caught up in the latest news, logging off for a few days is an easy way to relieve some of that stress. Social media cleanses can help you return the focus to your personal life and work towards improving your overall mental health with less distractions. Once you are feeling better, it is as simple as logging back into your accounts and carrying on with your day.

What are some other health tips for improving your mental health through your phone? Start a conversation in the comments below!