

# How Can I Get My Mental Health Better?

Getting better is usually not one big fix — it's a stack of small ones that compound. Here's the stack that has the most evidence behind it.

## The foundation (boring, powerful)

- **Sleep:** consistent wake time, dark room, no doom-scrolling in bed. Sleep is the multiplier for everything else.
- **Movement:** 20–30 minutes most days. Walking counts.
- **Food and water:** regular meals, less alcohol, less late-day caffeine.

## The people layer

- **Therapy.** A good therapist teaches you skills your brain keeps for life. CBT and DBT have the strongest evidence for suicidal thinking.
- **Medication when appropriate** — a tool, not a failure.
- **Connection:** one recurring weekly thing with humans — a group, a class, a standing call.
- **Peer support:** talking with people who've been there changes what feels possible.

## The inner work

- Notice and name thoughts instead of obeying them ("I'm having the thought that...").
- Journaling — even messy, even short.
- One small thing you do daily that is just for you.

Progress is not linear. Bad days after good weeks are part of recovery, not proof it's failing. Measure in months, not days — and keep 988 in your phone for the dips.

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**In crisis or struggling? Call or text 988** (Suicide & Crisis Lifeline, free, 24/7) · Chat at [988lifeline.org](https://988lifeline.org)

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