

5 Ways to UpLevel Your Mental Health

UpLevel Productions is committed to ending the stigma around mental health and ensuring that all humans have access to tools and resources to support their well-being.

Try out some of UpLevel's Mental Health Hacks to improve your Well-Being.

HACK 1: Listen to Yourself and to Others

Create space in your day to listen deeply to yourself. Clear distractions when interacting with others to be sure you can listen deeply to them and be truly present.

HACK 2: Acknowledge Yourself and Others

What do you want to celebrate in yourself, take the time to do so. Practice receiving! Take the time to let someone else know who you see them Being! Not just what they are doing but how they are showing up.

HACK 3: Give your Emotions a Seat at the Table

Be aware of your emotions, create space for them to be expressed in a healthy and responsible way. Move the energy to create space for your wellness.

HACK 4: Create Digital Detox Days

Be cognizant of the amount of time spent on technology and of addictive tech-using patterns. Manage screen fatigue by taking breaks from technology and having real human contact.

HACK 5: Take care of your Energetic Body

Try this following meditation; Ego Eradicator, which opens the lungs, consolidates the magnetic field and brings the brain hemispheres to a state of alertness:

Posture: This exercise can be done in Easy Pose or Rock Pose. Raise the arms up to a 60-degree angle. Keep the elbows straight and the shoulders down. Apply Neck Lock. Reach the thumbs up as if you are plugging them into the sky. Fold the fingers onto the mounds at the base of the fingers, and stretch the palms wide, pulling the knuckles back.

Eyes: are closed

Breath: Breath of Fire

Mental Focus: above the head

Time: 1- 3 minutes.

To end: Inhale deeply and bring the arms overhead with the thumb tips touching.

Open the fingers, exhale and relax the arms down.

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