

English Language Article Writing



Example Article

The New Year Revolution

Let us guess your resolutions for 2018: eat better; exercise; explore a new hobby; exorcise a bad habit. Are we close? Statistics show that these are the most common resolutions, alongside saving money and getting more sleep. The figures also show that only 50% of people are confident that they can stick to their resolutions, while 1 in 5 people admit that their resolutions are overly ambitious and potentially unsustainable, according to research by BUPA.

Setting targets to improve our lives naturally comes with the territory of New Year and many of them focus on physical improvements, but one of the most important things people forget is to make a resolution about their well-being. Have you considered your mental fitness as well as your physical fitness?

The fact is that as many as 16 million people in the UK experience a mental illness, 1 in 4 people are affected by mental illness and the number of prescriptions related to conditions of mental illness have doubled in the last decade according to the NHS, so it is now

more important than ever to make sure that you consider your mental health as much as your physical health.

Here are five things you can do to help support your mental health and well-being in 2018:

1. Be kind to yourself.

Often, resolutions become about making drastic changes to yourself. Don't forget to evaluate and reflect on the positive and the successes of your life, the friends and family that make moments special and the things that you already do that you enjoy.

2. Reframe your thinking.

Sometimes we find ourselves in a cycle of negativity when we expect the worst and this can become a self-fulfilling prophecy. When your day isn't going as planned, give yourself three minutes to look at the situation differently and ask yourself 'if this situation was going as planned, what would I look like?' Imagine yourself calmly and positively.



3. Get the balance right.

Everyone knows the saying about 'everything in moderation', but it is so true! There is no point in starting your year by hitting the gym five times a week and only eating protein and veg when it isn't sustainable. You need to make sure that you are getting a good healthy balance of food; exercise can be a gym session, but even a thirty-minute walk or a swim at your local pool can give your body the exercise it needs and your mind the downtime it deserves.

either from a trusted friend from your support network or by visiting your doctor.

Join the New Year Revolution and make sure that one of your resolutions is about your mental fitness and well-being. Remember: you are the only person who will be with you for the rest of your life, so make sure you look after you!

4. Learn to say no.

It is easy to become a people-pleaser and forget to put ourselves first. But the fact is that a healthy mind and body go hand in hand, and sometimes that means that you need to make sure you aren't burning the candle at both ends, taking some time to relax and unwind, and most importantly, doing something just for you. Be your own best friend and make sure you are planning in time to meet your own personal needs as well as the needs of others.

5. Seek help if you need it.

Most importantly, if you feel that your mental health is suffering and that you are struggling, don't be afraid to seek help,

