

22 Tiny Mental Health Habits That Can Improve Your Life In 2022

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Another roller coaster year is coming to an end, and the lingering effects of the ongoing COVID-19 pandemic have certainly taken a collective toll on our mental health.

There's no way to know what 2022 has in store for us, [nor can self-care erase](#) the grief, trauma or other challenges we may have endured over the last 12 months. But as we look toward the new year, we can adopt healthy new habits to help incrementally improve our days, even if just for a moment. Sometimes, that's more than enough.

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