

Big 7 Pillars for Good Mental Health



Sleep

Quality sleep: 7-9 hours.

Regular sleep schedule: Sleep/Wake at the same time each day.

Treat sleep as an essential element of good health.



Sunlight

Morning sunlight exposure: 10-20 minutes.

Bright artificial light works, too (e.g., light therapy lamp).

Sleep in a fully dark environment: 6-8 hours.



Movement

Cardio activities: 180-220 minutes of vigorous (Zone 2) activity per week.

High-intensity exercise: Get to Zone 4 or 5 (heavy breathing) at least 1 time per week.

Resistance training: 6-10 sets per muscle group per week.



Nutrition

Consume quality calories from unprocessed foods. Avoid sugar.

Balanced intake of proteins, fats, carbohydrates, vitamins and minerals.

Healthy behaviors such as nutritious snacks and exercise are linked to improving mood.



Social Connections

Build connections that bring joy and support. Nurture relationships with close friends.

Minimize challenging interactions and people that drain your energy.

Seek to resolve conflicts with important people in your life.



Stress Management

Unplug each day with mindfulness/meditation. Be fully present in the here and now.

Breathing techniques: Physiological sigh and/or box-breathing.

Recognize the signs of chronic stress.



Healthy Outlook

Recognize your “self-talk,” which is what you tell yourself about what’s happening.

Avoid rigid, absolute thinking, such as words like “must,” “should,” or “have to.”

Be present. Avoid perfectionism. Allow mistakes. Keep a growth mindset.

Adapted from the [Huberman Lab Podcast](#)