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## 22 Tiny Mental Health Habits That Can Improve Your Life in 2022

Self-care won't solve every problem, but these quick and easy activities may at least bring some happiness to your day.

Amber Gibson | December 28, 2021



Want to improve your mood in the new year? Here's what experts recommend trying.

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.

Below are 22 happiness tips to try in the new year:

### **Turn Your Skincare Routine Into a Few Moments of Self-Care.**

"One of my favorite self-care rituals is taking care of my skin," said **Terrie Absher Kochman**, a licensed medical aesthetician and founder of **Total Glow MD** med spa. "One of the easiest ways to do this is to use a **sheet mask** once a week. While you wait for the active ingredients to penetrate the skin, light a candle, play some of your favorite relaxing music and either read a book or lay down and let your body be nourished."

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