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MENTAL FITNESS

# Mental Strength Training: How to Become Mentally Stronger

**If you are plagued by fears, stress and seemingly insurmountable challenges on a daily basis, these tips will help you get out of the crisis**

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In this article:



The world is not ending. Even though Grandma's saying is trite, it can still help. In moments of overwhelming anxiety, it's important to know that it's not all over and that there are ways to ease it. From mindfulness exercises to professional help, the following tips offer practical advice for managing anxiety and improving personal wellbeing.

We'll show you strategies that can help you calm down and gain new perspectives to better deal with life's challenges. Is it difficult to start? No way, let's get started!

## Tips to ease anxiety

Are your thoughts racing like crazy? If the overwhelming feeling takes over, try this:

### 1. Be attentive

Fear is usually about the future ("Will I meet the deadline?") or the past ("Did I screw up in the meeting?"). What helps is to focus on the present and anchor yourself in the here and now. Jay Shetty, a former monk and bestselling author of "[The Peace Within You](#)," recommends that you write down the following when your thoughts are racing: 1. Things you can see. 2. Things you can touch. 3. Things you can hear. 4. Things you can smell. 5. Things you can taste. This will get you out of the fear loop and ground you.

### 2. Think outside the box

Research has shown that when you experience something special, your own problems often seem less important. You can even take advantage of this effect from the comfort of your sofa: sit back and immerse yourself in the impressive world of these Insta accounts: [@babaktafreshi](#) [captures](#) the drama of the night sky, [@chrisburkard](#) [shows](#) breathtaking nature shots. When you see the northern lights and glacier gorges, small problems seem less significant.

### 3. Get out into nature

A 90-minute [walk](#) in nature has been proven to reduce brooding and repetitive negative thoughts. With the Komoot app, you can discover nature reserves and hiking trails and add variety to your walks.

### 4. News time only with relaxation

The International Journal of Behavioral Medicine just published an exciting study on news consumption: It found that students who spent 15 minutes watching all the bad things in the news developed anxiety and mood swings – unless they immediately followed this with a short relaxation exercise.

### 5. Worst-case scenario

When you prepare for difficulties and think about how to overcome them, you are less likely to be thrown off course by problems, explains [Dr. Emily Balcetis](#), professor of psychology at New York University. Professional athletes learn recovery strategies that they can use immediately when they miss a ball, for example.

### 6. Use the 10-10-10 rule

If you are afraid to make a decision, ask yourself what the consequences of that decision will be in 10 minutes, 10 months and 10 years. This is what Suzy Welch, author of the book "[10-10-10](#)," recommends. This will help you better identify your priorities and prevent your current emotions from determining your decision.

## Tips to reduce frustration

Do you also get so angry so quickly and would prefer to react more calmly? Then read on:

### 7. Check your emotional playlist

What are the top 5 feelings on your emotional playlist? Are you frustrated, angry, judgmental? If you go inside and first recognize what you are feeling and how often these feelings arise, you can recognize the emotions for what they are. And that in turn can help you manage them.

## 8. Listen, even if it is difficult

If you are dealing with a difficult person, you should say, "I understand." This is not an admission that they are right, but it is a sign that you recognize their frustration. Letting the angry person know that you are listening can help calm the situation.

## 9. Be less predictable

Even a small change in your daily habits can lead to a happier life, according to a study in the journal Nature Neuroscience. New things boost the release of dopamine, which creates feelings of happiness. Try changing your morning routine or consciously taking a different route to work.



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*With a long walk you will get rid of your negative thoughts*

## Tips to connect more with yourself

Now it's your turn. Do something good for yourself and invest in yourself and your well-being:

### 10. Treat yourself to a massage

A 15-minute back massage is enough to release the bonding or cuddle hormone oxytocin. This was the result of a [study](#) by the University of California. So: off to the massage table.

### 11. Give a little (or more)

It has been proven that you feel better when you do something good for others. Here are a few ways to make a difference without opening your wallet. Get involved as a volunteer. You can find offers for your city at <https://www.recyclehero.de/>. [www.recyclehero.de](http://www.recyclehero.de) collects old clothes and deposits free of charge and supports social projects.

### 12. Learn how well-being works

Sign up for the "Science of Well-Being" course offered by Yale University on the online platform [Coursera](#). It is taught by psychologist Prof. Laurie Santos and is the most popular course in the university's history. A highlight: identifying your character strength and profiting from it. To do this, you

[have to take the free test on viacharacter.org](#), which tests 24 strengths. Santos recommends looking at the 10 most important, choosing one (e.g., courage) and then using it in a new way every day of the following week.

## Tips for learning more resilience

Developing [resilience](#) is an important step in better dealing with life's challenges and stresses. These ideas will help:

### 13. The journey is the destination

Cooperative rather than competitive games promote communication skills and a sense of community. Instead of doggedly chasing a Monopoly win, try solving a 1000-piece puzzle with others. You'll get a free lesson in patience.

### 14. Change your listening habits

Hearing the experiences of people from other countries is always a good opportunity to better understand their experiences and this in turn leads to more empathy. If you always listen to the same 5 podcasts, try to add some variety to your listening habits: How about stories from people outside your world or simply with a different life experience?

### 15. Keep dreaming

"If you can't get back to sleep, try to remember a dream," advises [Dr. Rubin Naiman](#) from the Center for Integrative Medicine at the University of Arizona. Remembering a dream helps you let go of your waking consciousness and find your way back to sleep. "Remembering a dream brings you into dream consciousness, and that is the bridge to sleep." [Here are 12 more tips on how to fall asleep better immediately.](#)

### 16. Eat fruit more often

Surveys by the German Nutrition Society found that 54 percent of women do not eat the recommended amount of five portions of fruit and vegetables per day. However, eating enough can protect against depressive moods and increase optimism. A small kiwi and a large banana can give your well-being a noticeable boost.

### 17. Find the right help

Life is getting out of hand and the advice to be more mindful of yourself isn't helping you? Then seek professional help. Organizations such as Caritas, Diakonie and AWO not only offer contact points in your area, the experts also offer advice online - and it's free and anonymous. This might make the first step a little easier.

## Conclusion: Mental fitness is often a question of self-love & mindfulness

But with the right strategies, you can manage challenges better. Mindfulness, new perspectives and small changes in everyday life promote your resilience and well-being. Use our tips to alleviate fears, reduce frustration and strengthen yourself better - the first step (for example into nature) is worth it!

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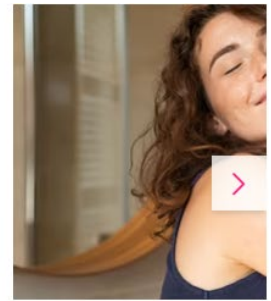


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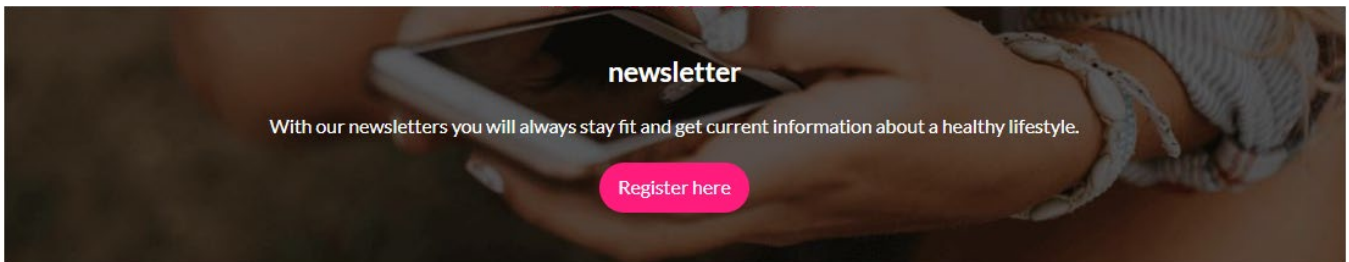


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