

- Source #1

How sweet treats improve the mental health of staff and students?

Giles, Grace E et al. "Sugar intake and expectation effects on cognition and mood." *Experimental and clinical psychopharmacology* vol. 26,3 (2018): 302-309.

doi:10.1037/pha0000182

<https://pubmed.ncbi.nlm.nih.gov/29863386/>

A useful source that helps show sweet treats improve the mental health of students is from the National Library of Medicine. It explains how sugar (glucose) affects mood and brain functions. Glucose is one of the brain's main sources of energy which means that changes in someone's blood sugar levels can influence how their brain operates. Since the brain relies on glucose to help it properly function, consuming a small amount of sugar can help someone's mood. They went over multiple experiments to show that carbohydrates or sugary food can help someone be focused or alert for a period of time.

- Source #2

How can yoga improve mental health?

"Yoga for Better Mental Health - Harvard Health." *Harvard Health*, 12 June 2021, www.health.harvard.edu/healthy-aging-and-longevity/yoga-for-better-mental-health.

The article Yoga for Better Mental Health, explains that yoga can improve mental health because it has a combination of movement, breathing, and meditation. All of those are things that contribute to calming the body. Doing yoga helps reduce stress, anxiety, and depression. The article also explains that yoga is a good way to improve

the way your brain functions because it strengthens parts of your brain that support your memory, attention, and learning. People who regularly do yoga can develop stronger brain connections and improve their mental abilities. There is also a chemical in the brain called GABA, and when this is increased people have reduced anxiety and feel more emotionally balance.

- Source #3

How can words of affirmation improve someone's mental health?

Salamon, Maureen. "Gratitude Enhances Health, Brings Happiness — and May Even Lengthen Lives - Harvard Health." *Harvard Health*, Harvard Health, 11 Sept. 2024,

www.health.harvard.edu/blog/gratitude-enhances-health-brings-happiness-and-may-even-lengthen-lives-202409113071.

In the article Gratitude Enhances Health, Brings Happiness — and May Even Lengthen Lives explains that simply writing thank you notes or expressing appreciation to others is a great way to practice gratitude. Taking time to acknowledge someone's existence can strengthen relationships and increase positive emotions for not only the person receiving, but also the one giving. Acts like writing notes encourage people to focus on the positive things they have going on in their lives rather than dwelling on the negative. When bad things are happening in someone's life they often forget about all the good, so giving a small note can change someone's whole day around. The article emphasizes that regularly practicing gratitude in this way can improve overall happiness and support better mental health.

- Source #4

How can making art improve mental health?

Husson University. "Benefits of Art Therapy for Mental and Physical Health." *Husson University*, 28 Feb. 2024,

www.husson.edu/online/blog/2024/02/benefits-of-art-therapy.

The article Benefits of Art Therapy for Mental and Physical Health is a great source that explains how art therapy can help support mental health by allowing people to express their emotions through creative activities. The activities could consist of painting, drawing, music, or writing. The source states that creating art can reduce anxiety and stress because it helps people focus on what they have in front of them in the present moment. Art can help you express your feelings that you may not be able to put into words. Another benefit of creating art is that it can improve how your brain is functioning because it increases your serotonin levels. Doing art can help someone gain self-confidence and be a healthy way for someone to get over mental challenges.

- Source #5

How can getting your nails done improve mental health?

Keller, Cathryne. "The Case for the "Mental Health Manicure."" *SELF*, 30 Sept. 2024,

www.self.com/story/mental-health-benefits-manicures.

The article The Case for the "Mental health Manicure" explains how getting a manicure can improve someone's mood and emotional well-being. According to

psychologist Charlynn Ruan, when people take time to get their nails done it can increase their self-worth because it shows they're caring for themselves. Manicures aren't necessarily for hygiene, but they serve as a treat for yourself to bring a boost of confidence and joy. The article also explains that when you look at your polished nails throughout the day it serves as a reminder of how well put together you are. Even just going to the salon can help you out because social interactions can be relieving as well.

- Source #6

How can letting people know how to handle their stress improve their mental health?

American Psychological Association. "American Psychological Association." *Apa.org*, 2025, www.apa.org/.

Teaching people how to handle stress can improve their mental health because it creates an understanding and supportive environment for them. When people openly share coping mechanisms such as journaling, breathing exercises, or just how to take a break you start to understand what stresses you out and how to deal with it in the best way possible. This also creates more communication which is good because it helps your emotional well being. People enjoy being heard but they like being understood even more, so having proper conversation can help anxiety decrease and even grant confidence for both parties. This helps both parties because it strengthens their sense of purpose and that creates positive and healthy relationships.

- Source #7

How can giving gifts improve your mental health?

Salamon, Maureen. "The Healing Power of Kindness - Harvard Health." *Harvard Health*, Apr. 2025,

www.health.harvard.edu/healthy-aging-and-longevity/the-healing-power-of-kindness.

An article from Harvard Health says gift giving positively impacts your mental health because it creates feelings of happiness and connections. When giving someone a gift your brain releases feel good chemicals that can help improve your mood. Along with that, giving gifts can strengthen relationships, and can help you feel more valued and connected to others. Gift giving can help reduce stress and even lower depression symptoms because you're no longer thinking about personal worries when doing so. Even small gestures such as buying someone a card or piece of candy can be meaningful and leave an impact. Giving anything promotes empathy, gratitude, and most importantly happiness.

- Source #8

How can receiving gifts improve your mental health?

Clinic, Cleveland. "Mental Health: What It Is & Why It's Important." *Cleveland Clinic*, 5 Aug. 2025, my.clevelandclinic.org/health/articles/mental-health.

Receiving gifts is a great way to improve mental health because when people receive things it makes them feel valued, appreciated, and cared for. When someone receives something it reminds them that they are important and that can help them boost their self esteem and gain confidence. This can be very helpful to people during difficult or stressful times in their lives. Receiving gifts is also a way to strengthen social skills because it can help reduce loneliness and make you feel needed.

- Source #9

How can engaging in your community improve your mental health?

NAMI. "NAMI: National Alliance on Mental Illness." *NAMI: National Alliance on Mental Illness*, 2025, www.nami.org/.

Engaging in your community can really improve someone's mental health because it brings people a sense of belonging and feeling like they need it. Activities like joining clubs, volunteering, or going to local events can help people connect and build new meaningful relationships. Having relationships can help reduce loneliness or self isolation, and those are things that are big contributors to depression. Going out and doing things also helps people feel accomplished and that helps boost self confidence. Helping other people in your community can also help increase happiness and reduce stress levels. Overall any type of community engagement can help you feel better mentally.

- Source #10

How can fidget toys improve your mental health?

Jarocha, Timothy. "CNN: Your Kids like Fidget Toys? Here's Why - Child Mind Institute."

Child Mind Institute, 29 Dec. 2021,

childmind.org/blog/your-kids-like-fidget-toys-heres-why/.

Fidget toys are a great way to improve your mental health. They are a good way to help reduce stress and help you remain focused. Fidget toys are things like spinners, stress balls, or textured objects that you can squeeze around to keep your hands occupied. For people who are constantly feeling stressed and anxious, fidgeting can

help reduce nervous energy in a healthy way. Fidgeting is a good coping mechanism that many unfortunately don't know about. People find that fidget toys help them stay focused and help them manage overwhelming feelings.