

Six Ways to Improve Your Mental Health

- Stop doom-scrolling and feeding your brain with fear, says the happiness hacker Penny Locaso. "Your internal dialogue impacts your mindset, your behaviour and your environment. Don't begin the day on your phone."

- Use cognitive distraction: brain teasers, games and creative hobbies engage the mind and prevent worrying, says Dr Amy Silver, the author of "The Loudest Guest".

- Just as some joy-seekers preach eating dessert first, schedule the fun stuff, such as hobbies, before Zoom meetings.

- Listen to psychologist Mihaly Csikszentmihalyi's TED talk about flow, which he calls the secret to happiness.

- Interact with nature, whether that means gardening outside or surrounding yourself with indoor plants. "Aspects of the natural world can provide psychological reinforcement," says Dr Katie Cooper, the author of "Plant Therapy".

- Encourage your kids to help out in the garden. Children benefit from engaging with plants just as much as adults do — and they're not so worried about getting their hands dirty.

Clockwise from top left: **The Plant Runner** kids' indoor plant kit (pictured with *Monstera deliciosa*), \$35, **The Little Growers** apron, \$59, "A Forest" by Marc Martin (Picture Puffin), \$17, **Honeys** plant climber, \$32, **Poppy & Daisy** mini garden kit, \$49, **Burgon & Ball** watering can, \$42, **Playdate** by **Mudrik** hat, \$45, **The Little Growers** magnifying glass, \$22, seed packets, \$8.50 each, and kids' hand tool set, \$30, all from theplanrunner.com.

