

THE NEW & NOTEWORTHY

MIND SHIFT WHAT TO LEAVE BEHIND IN 2024

Mental wellness requires more than just positive thinking, according to leading psychologists and neurologists. In fact, the "good vibes only" approach might be holding us back.

Behind The Research: Recent findings from behavioral experts highlight five key habits that can undermine mental wellbeing. Most surprisingly, some commonly promoted practices – like unconditional positivity and venting to anyone who'll listen – may do more harm than good.

The Impact: "People think self-development work is about good vibes only," says developmental psychologist Sasha Heinz, Ph.D. "That is so untrue." Instead, experts advocate for a balanced approach that acknowledges both optimism and strategic pessimism. This shift marks a significant change in how we approach mental wellness.

Your Action Plan: The top five habits mental health experts recommend leaving behind include:

- Setting realistic goals rather than pursuing toxic positivity - Dr. Sasha Heinz, Developmental Psychologist
- Being selective about who you share struggles with - Dr. Ethan Kross, Psychologist
- Establishing clear boundaries instead of saying yes to everything - Dr. Gabor Maté, Physician and Author
- Paying attention to oral health's connection to brain health - Dr. Kat Toups, Functional Medicine Psychiatrist
- Maintaining healthy vitamin D levels for cognitive function - Dr. Dale Bredesen, Neurologist and Author

Learn more about the interventions renowned specialists are implementing and the reasons behind them [by clicking here](#).