

Temperance and Mental Health: How Moderation Builds Well-Being



Section	Description	Key Highlights
Definition of Temperance	Temperance is the practice of moderation and self-control over thoughts, emotions, and actions. It emphasizes responding intentionally rather than impulsively.	Stronger emotional regulation, lower anxiety, higher psychological functioning.
Mental Health Benefits	Temperance fosters emotional resilience, reduces anxiety, and improves focus by enabling self-moderation in daily routines.	Reduced anxiety, enhanced focus, higher self-esteem, better stress management.
Applications	Practical temperance appears in mindful digital use, work-life balance, measured communication, and consistent habits for nutrition and sleep.	Healthier schedules, thoughtful communication, improved emotional stability.
Building a Practice	Start with self-awareness and gradual changes. Use mindfulness and track progress to create sustainable habits that support moderation.	Small adjustments, mindfulness reinforcement, gradual progress tracking.