

10

Self-care tips to boost your mental health



Get enough sleep



Take up a hobby



Take time to relax



Focus on the positives



Eat healthy foods



Create a routine



Exercise regularly



Say "No"
when needed



Spend time
outdoors



Connect
with others

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Psychologs Magazine July 2025 Arvind Otta,C.R. Mukundan,Uday K. Sinha,2025-07-01 Psychologs Magazine brings focused insights on two of the most important topics of mental health healing from emotional pain maintaining cognitive well being Explore into a compassionate guide on coping with grief brief understanding the emotional process of loss how to finding strength in difficult times Alongside explore practical science backed strategies from neuroscience to keep your brain active sharp and resilient You must be read for those types of seeking emotional balance and long term mental wellness

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