

5 TIPS FOR Taking Care of Your Mental Health

Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed

Reach out to family, friends or mental health professionals when necessary.



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Medical and Health Information Directory, Vol. 2 Gale, Gale Group, 2004-09 New York ,2001 **Congressional Record** United States. Congress, 1978 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873 The Bookshelf ,1950
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The School Journal ,1899 Outlook Alfred Emanuel Smith, Francis Walton, 1874 **Frank Leslie's Illustrated Newspaper** John Albert Sleicher, 1875 **Critical Digest** ,1953 **The Journal of Home Economics** ,1950 The New York Times Magazine ,1994-03 *Family Life* ,1954 **Journal of Health, Physical Education, Recreation** ,1952
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