

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.



Mental Health Tips Last 90 Days Clearance

United States. Congress



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Public Statements of Robert M. Gates, Secretary of Defense, 2006-2007 Robert Michael Gates, 2007
Clearinghouse Review ,1989 **Mental Health Law Reporter** ,1990 **Congressional Record** United States.
Congress, **Federal Register** ,1996-07-19 The Wall Street Journal ,1995 **Direct Marketing List Source** ,1994-02
Willing's Press Guide and Advertisers' Directory and Handbook ,2005 **Your Government and the**
Environment ,1971 Women's International Network News ,1978 **The Law Times** ,1880 **The Cultivator &**
Country Gentleman ,1881 *Overcoming Drugs* Donald B. Louria,1971 *Press Summary - Illinois Information Service*
Illinois Information Service,2004-06-16 **Willing's Press Guide** ,2004 Coverage of publications outside the UK and in non
English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts *Merck's*
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Service,1986

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