

# 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.  
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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  
Market Report ,1895 Federal Education Program Guide ,1976 Ohio Practical Farmer ,1877 Oregon  
Administrative Rules ,2001 Digest of Public General Bills and Resolutions Library of Congress. Congressional Research  
Service,1986

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