

# 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 Discount

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## **Mental Health Tips Discount:**

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Contributors Tracey Benson Alina Campana Elisabeth Chan Lavette Coney Jeanne Connelly Jennifer C Dauphinais Addison Duane Heidi Faust Betty Forrester JPB Gerald Simona Goldin Paul C Gorski Daisy Han Debi Khasnabis Katie Kitchens Amelia M Kraehe Anna Kushner Lindsay Lyons Cheryl Matias Andr a C Minkoff Theresa Monta o Jenna Kamrass Morvay Crystena Parker Shandal Cherie Bridges Patrick Maria Gabriela Paz Brianne Pitts Chris Seeger Greg Simmons Daniel Tulino Katherine Wood *Annual Report of the Insurance Commissioner of the State of Vermont* Vermont. Insurance Commissioner, 2006

*Annual Report of the Insurance Commissioner of the State of Vermont* Vermont. Insurance Division, 2006 **Governors' Campaign for Children** Linda McCart, Elizabeth A. Stief, 1995 *The Family Doctor's Health Tips* Keith W. Sehnert, 1981 *A List of Audiovisual Materials Produced by the United States Government for Social Issues* National Audiovisual Center, 1981 *Mental Health Information for Teens* Karen Bellenir, 2010 Provides basic consumer health information for

teens about mental illness and treatment along with tips for maintaining mental and emotional health **Press Summary -**

**Illinois Information Service** Illinois Information Service,1991 *Gale Guide to Internet Databases* Gale Group,1999-11

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