

# 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

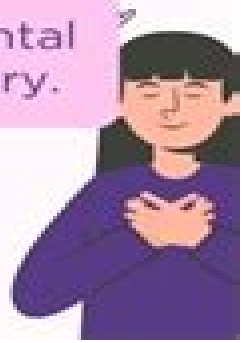
Prioritize quality sleep with a healthy bedtime routine.

## 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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**Anthony S. Fauci**



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**Let's Log In 10** Sehgal Nancy, 2003-09      **Resources in Education** ,1997      **Connect and Work with Spirit Guides** Shannon Yrizarry, 2022-08-08 All Your Questions About Spirit Guides Answered Spirits can be powerful sources of wisdom inspiration and support but it isn't always easy to communicate with them This beginner friendly book takes you step by step through the process of awakening your innate connection to high vibrational guides It answers common questions and covers important techniques such as building trust in yourself healing from physical ailments creating the life of your dreams and releasing negative energy for good Shannon Yrizarry teaches you to connect with benevolent spirits using chakras vision boards crystals oracle cards altars and meditations She also includes a variety of techniques for overcoming obstacles such as Reiki sound healing affirmations and diet recommendations No matter what happens this book helps you continue moving forward      **Connect Core Concepts in Health** Paul M. Insel, Walton T. Roth, 2000 Revised and updated fifth edition 1988 introductory textbook focuses on issues of concern to students nutrition weight control contraception exercise intimate relationships stress AIDS drugs alcohol etc and stresses personal responsibility and personal empowerment Annotation copyrighted by Book News Inc Portland OR      **Classroom Connect Newsletter** ,2001      **Resources in Education** ,1996      **Sandy Berger's Great Age Guide to Online Health and Wellness** Sandy Berger, 2006 Que's Great Age Guides celebrate the vital role and lifestyle of today's young active 50 adults Most well known middle aged people of sixty five or seventy would have you believe that Great Age is so wonderful that all the years leading up to it are a waste of time People in this great age are transforming retirement's traditional laid back golden years in pure platinum Great Ager's break retirement tradition by working well past typical retirement age not only by need but also by the desire to remain productive members of society The Great Age Guide to Online Health and Wellness is written specifically for those adults 50 living with and using their computers and the Internet to help take better care of themselves You'll get information on such things as living wills the pros and cons to buying drugs outside the country nutrition supplements and vitamins drug interactions evaluating medical Web sites finding support groups and more      *Promoting Mental Health* ,1996 This training guide is intended to help Head Start staff promote mental health for all members of the Head Start Community by means of activities that build skills in creating responsive respectful relationships with co workers parents and children The guide has five working sections the first three of which are training modules Each of the modules details module outcomes key concepts background information questions for discussion and reflection learning activities points to consider and ideas to extend practice Handouts are included for each module Module 1 focuses on the question where does mental health come from Ideas addressed include protecting and supporting resiliency of children the family and the community Module 2 addresses getting to know the whole child Ideas addressed include developmental stages individual differences the Head Start environment the home environment skills and knowledge satisfying emotional needs and temperament characteristics

Module 3 focuses on getting to know ourselves Ideas addressed include creating a mentally healthy workplace stress busters and headache visualization The guide s section continuing professional development provides suggestions and areas for personally developing a better program environment Contains resources including 14 books and manuals 4 Head Start publications 5 national organizations and 2 videos SD     *Nursing Mirror* ,1984-03     **Core Concepts in Health** ,2000  
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