

10

Self-care tips to boost your mental health



Get enough sleep



Take up a hobby



Take time to relax



Focus on the positives



Eat healthy foods



Create a routine



Say "No"
when needed



Exercise regularly



Spend time
outdoors



Connect
with others

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Emilie Sanchez

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Monthly Catalog of United States Government Publications,1997 Monthly Catalogue, United States Public Documents ,1994 *Fast Help for Major Medical Conditions* Caryn E. Anders,Lynn M. Pearce,2000 Instant answers to common medical questions are covered in 100 condition specific essays Also includes lists of associations agencies clinics and treatment centers *The Popular Science Monthly* ,1923 **The Maine Entry** ,1992 *Ophthalmic Medicines 2005* Physicians Desk Reference,Thomson PDR Staff,Douglas J Rhee, M D,Christopher J Rapuano, M D,Theresa L Belzer,2004 This volume presents drugs and equipment related to eye care including lensesand lens care specialized instrumentations and sutures **The New Yorker** ,2002 *Popular Science Monthly* ,1919 **Resources in Education** ,1985 **Medical and Health Information Directory** Gale Group,2002-12 **BNA Pension & Benefits Reporter** ,2000 *Indianapolis Monthly* ,2003-07 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **New Age Journal** ,1996

PDR for Herbal Medicines ,2004 New Expanded Improved Comprehensive Building on its best selling predecessors the PDR for Herbal Medicines Third Edition has left no resource unturned to bring together the latest scientific data in the most comprehensive herbal reference compiled The third edition goes far beyond the original source adding a new section on Nutritional Supplements and new information aimed at greatly enhancing patient management by medical practitioners All monographs have been updated to include recent scientific findings on efficacy safety and potential interactions clinical trials including abstracts case reports and meta analysis results This new information has resulted in greatly expanded Effects Contraindications Precautions and Adverse Reactions and Dosage sections of each monograph **Provider** ,2003

Physicians' Desk Reference for Nonprescription Drugs ,2004 Modern Woodman Magazine Frank O. Van Galder,1922 Physicians' Desk Reference Companion Guide ,2005 **Newsweek** Raymond Moley,Samuel Thurston Williamson,Malcolm Muir,Rex Smith,Joseph Becker Phillips,2007 **Ebony** ,2008-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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