

# 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 Near Me

**DJ Losen**



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*Zero to Three*, 1997 **New Methods of Mental Health Care** Molly Meacher, 1979 **The American Psychologist**, 2003 Includes proceedings of the 54th 55th annual meetings of the association 1946 47 and proceedings of meetings of various regional psychological associations *Press Summary - Illinois Information Service* Illinois Information Service, 2004-01-15 *Commonwealth Record* Australia, 1985 **The Future is Now** Jerome Kravitz, Walter Hillabrant, 1977 **Mental Health Problems in Old Age** Brian Gearing, Malcolm L. Johnson, Malcolm Johnson, Tom Heller, 1988-05-23 This multi disciplinary and multi occupational work contains newly commissioned material and previously unpublished articles on mental health disorders that afflict the aged Written to promote an awareness of the nature of mental health disorders found in older people it also discusses the pros and cons of current community health policies **The Medical Officer**, 1962-07 **Canada's Mental Health**, 1981 **Western Christian Advocate**, 1898 *Parliamentary Debates (Hansard)*. Great Britain. Parliament. House of Commons, 2013 *Journal of Psychosocial Nursing and Mental Health Services*, 1986 **Congressional Record** United States. Congress, 2008 **Advocate**, 1991 **The Lancet**, 1930

*How to Cope with Mental Illness in Your Family* Diane T. Marsh, Rex M. Dickens, 1998 A definitive guide for the millions affected by mental illness in the family explores the nature of illnesses such as schizophrenia major depression and manic depression while providing the tools to overcome the devastating effects on families where they exist An invaluable resource with a comprehensive listing of books organizations self help groups and mental health services *Nursery Hints* Nathaniel Edward Yorke-Davies, 1884 **The Journal of Physical Education**, 1930

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