

# 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



Exercise regularly



Say "No"  
when needed



Spend time  
outdoors



Connect  
with others

# Google Maps Mental Health Tips Vs

**Tao Wei**

**Google Maps Mental Health Tips Vs:**

Immerse yourself in heartwarming tales of love and emotion with this touching creation, **Google Maps Mental Health Tips Vs**. This emotionally charged ebook, available for download in a PDF format (\*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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