

# 10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

# Mental Health Tips In The Us

**S Ashworth**



## **Mental Health Tips In The Us:**

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this book offers meaningful progress toward improving mental health outcomes with an emphasis on underserved and marginalized populations through recommendations for the design of media campaign policy and advocacy initiatives

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