5 MENTAL HEALTH TIPS

Practice Mindfulness
Mindful meditation or deep breathing exercises to stay present and reduce stress.

Laugh
Watch a funny movie, read a humorous book, or spend time with people who make you laugh.

Set Boundaries
Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

Learn Something New
Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.

Gratitude
Regularly take a moment to reflect on things you're grateful for.

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Scott C. Dulebohn

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