

# 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 Discount

**Steve Prziborowski**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

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Provides basic consumer health information for teens about mental illness and treatment along with tips for maintaining mental and emotional health      **Press Summary - Illinois Information Service** Illinois Information Service,1991      **Gale Guide to Internet Databases** Gale Group,1999-11 This directory tells how to access and retrieve more than 5 000 Interact databases approximately 1 000 new databases have been added for this 5th edition Five comprehensive indexes master subject host provider white pages and alternate format provide quick access to the desired database      **United States Code Service, Lawyers Edition** United States,1936      Federal Code Annotated United States,1936      **The Laws of Wisconsin** Wisconsin,1977 Includes some separate vols for special sessions      National News ,1991      **American Journal of Public Health** ,1992 Includes section Books and reports

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