

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

Mental Health Tips

**Michael S. Jellinek, Bina P. Patel, Mary
C. Froehle**

Mental Health Tips

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