

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.



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Essential Concepts for Healthy Living Sandra Alters, Wendy Schiff, 1998 Capturing the essence of healthy living this book provides practical applications and personal strategies along with concepts grounded in scientific research to achieve a balance between science and the real world Topics backed by research including a chapter devoted to violence provide students with an overview of today s health issues *Mental Health* ,2004 *World Databases in Medicine* C. J.

Armstrong, 1993 Includes information on electronically published databases with details of content size access and pricing as well as commentary on the major databases American Family Physician ,2005 **Online Access** ,1995 **Mental**

Health Barbara Wexler, Information Plus (Firm : Wylie, Tex.), 2004 Provides contemporary and historical information including statistics on several aspects of mental health in the U S including diagnosis of illness treatment access and patient issues children and adolescents economics laws and policy professionals and facilities illness prevention and public opinion

School Library Journal ,2009 *The New Walford* Ray Lester, 2005 Covers 15 broad subject groupings social sciences generic psychology sociology social work politics government law finance accountancy industries business education sport media information and tools for information professionals Consumer Health Information Source Book Alan

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