

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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Herbert David Croly

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SAMHSA News ,1997 Mental Health ,1963 **Mental Hygiene News** ,1971 *Congressional Record* United States. Congress,1967 **Today's Child** ,1955 *Report* World Health Organization. Expert Committee on Mental Health,1958 Annual Report - National Association for Mental Health National Association for Mental Health (U.S.),1958
Introduction to Mental Health, Field and Practice Milton G. Thackeray,Rex Austin Skidmore,O. William Farley,1979
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