

# 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

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Contributors Tracey Benson Alina Campana Elisabeth Chan Lavette Coney Jeanne Connelly Jennifer C Dauphinais Addison Duane Heidi Faust Betty Forrester JPB Gerald Simona Goldin Paul C Gorski Daisy Han Debi Khasnabis Katie Kitchens Amelia M Kraehe Anna Kushner Lindsay Lyons Cheryl Matias Andr a C Minkoff Theresa Monta o Jenna Kamrass Morvay Crystena Parker Shandal Cherie Bridges Patrick Maria Gabriela Paz Brianne Pitts Chris Seeger Greg Simmons Daniel Tulino Katherine Wood Annual Report of the Insurance Commissioner of the State of Vermont Vermont. Insurance Commissioner, 2006

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