

10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

Mental Health Tips How To Open Now

Jianjun Gao



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Foundations of Mental Health Nursing Michelle Morrison-Valfre, 1997 The purpose is to soften the social distinction between mental health and mental illness to assist nurses and other health care providers in comfortably working with clients who exhibit a wide range of maladaptive behaviors and to apply the concepts of holistic nursing and caring when assisting clients in developing more effective attitudes and behaviors *California Mental Health Progress* , 1961

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