

5

MENTAL HEALTH TIPS



Practice Mindfulness

Mindful meditation or deep breathing exercises to stay present and reduce stress.

Laugh

Watch a funny movie, read a humorous book, or spend time with people who make you laugh.



Set Boundaries

Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

Learn Something New

Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.



Gratitude

Regularly take a moment to reflect on things you're grateful for.

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**California. Department of Mental
Hygiene**



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Committee,2011-12-15 The Government must show how the excellent medical care being delivered to injured service personnel will continue long after the memory of the Afghan Operation fades This report which gives praise to the first class medical treatment provided for the Armed Forces questions whether the support for injured personnel will be sustainable over the long term In particular the committee is concerned about the number of people who may go on to develop severe and life limiting physical mental health alcohol or neurological problems There is still a question mark over whether the Government as a whole fully understands the likely future demands and related costs

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