

# 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

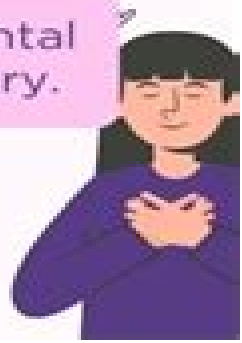
Prioritize quality sleep with a healthy bedtime routine.

## 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

**J Rink**



## **Mental Health Tips Discount:**

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**Governors' Campaign for Children** Linda McCart,Elizabeth A. Stief,1995 *The Family Doctor's Health Tips* Keith W. Sehnert,1981

*A List of Audiovisual Materials Produced by the United States Government for Social Issues* National Audiovisual Center,1981 *Mental Health Information for Teens* Karen Bellenir,2010 Provides basic consumer health information for

teens about mental illness and treatment along with tips for maintaining mental and emotional health      **Press Summary -**  
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