

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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John December

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Sandy Berger's Great Age Guide to Online Health and Wellness Sandy Berger,2006 Que's Great Age Guides celebrate the vital role and lifestyle of today's young active 50 adults Most well known middle aged people of sixty five or seventy would have you believe that Great Age is so wonderful that all the years leading up to it are a waste of time People in this great age are transforming retirement's traditional laid back golden years in pure platinum Great Ager's break retirement tradition by working well past typical retirement age not only by need but also by the desire to remain productive members of society The Great Age Guide to Online Health and Wellness is written specifically for those adults 50 living with and using their computers and the Internet to help take better care of themselves You'll get information on such things as living wills the pros and cons to buying drugs outside the country nutrition supplements and vitamins drug interactions evaluating medical Web sites finding support groups and more **Promoting Mental Health** ,1996 This training guide is intended to help Head Start staff promote mental health for all members of the Head Start Community by means of activities that build skills in creating responsive respectful relationships with co workers parents and children The guide has five working sections the first three of which are training modules Each of the modules details module outcomes key concepts background information questions for discussion and reflection learning activities points to consider and ideas to extend practice Handouts are included for each module Module 1 focuses on the question where does mental health come from Ideas addressed include protecting and supporting resiliency of children the family and the community Module 2 addresses getting to know the whole child Ideas addressed include developmental stages individual differences the Head Start environment the home environment skills and knowledge satisfying emotional needs and temperament characteristics Module 3 focuses on getting

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