

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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Daniela Niemeyer

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Lockdowns* Peter Sutoris,Sinéad Murphy,Aleida Mendes Borges,Yossi Nehushtan,2022-11-30 Pandemic Response and the
Cost of Lockdowns brings the vast analytical apparatus of the humanities and social sciences to the task of critically
analysing the political decisions taken in 2020 21 The global response to the COVID 19 pandemic left little time for critical
debate about the impact of lockdowns Across the world governments claimed to follow the science but they rarely paid
attention to the humanities and social sciences Indeed the absence of these perspectives is symptomatic of a longer term
trend in the marginalisation of the humanities and social sciences in policymaking and public debate This book exposes the
tragic consequences of this omission in 2020 21 and demonstrates the potential for a different path in the future a path in
which we pay attention to power complexity and our biases The authors establish what these disciplines have to offer in a
global emergency and how we can ensure they help us avoid the mistakes of 2020 21 in the future This original and
interdisciplinary book will be of great interest to students scholars and researchers throughout the humanities and social
sciences including the fields of philosophy sociology anthropology law political science and history as well as relevant
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