

# 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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**University of California, Berkeley.  
Institute of Governmental Studies**

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*Introduction to Mental Health, Field and Practice* Milton G. Thackeray,Rex Austin Skidmore,O. William Farley,1979  
*Mental Health in Virginia* ,1959    SWT, Social Work Today ,1985    **Subject Catalog** University of California, Berkeley. Institute of Governmental Studies,1970    *Municipal Journal, Public Works Engineer and Contractors' Guide* ,1960    **psychology today** ,1988    *Namh Reporter* ,1959    **Public Welfare in Ohio Today** ,1949    *Municipal Journal* ,1974    **S.C.A.A. News** ,1923    **Changing Times** ,1976    *Hospitals* ,1955-07 Includes Hospital news of the month    *The New Republic* Herbert David Croly,1988

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