

# 10

# Self-care tips to boost your mental health



Get enough sleep



Take up a hobby



Take time to relax



Focus on the positives



Eat healthy foods



Create a routine



Exercise regularly



Say "No"  
when needed



Spend time  
outdoors



Connect  
with others

# Mental Health Tips Viral Cozy Mystery On Sale

**KJ Lindholm-Leary**

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**Saturday Review of Books and Art** ,1970    **The Advocate** ,2003-08-19 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

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