

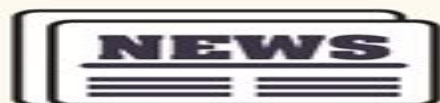
5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



1

CATCH-UP WITH OTHERS OVER A CUPPA

It can be easy to get into a rut and not make time for your relationships. Try to check in with friends and family by picking up the phone or schedule regular catch ups over video calls.



2

LIMIT HOW MUCH NEWS YOU CONSUME

There's a lot of gloomy news at the moment and listening or reading too much of it can increase anxiety. Setting yourself a daily limit can help protect your mental health.



3

STAY ACTIVE, MENTALLY AND PHYSICALLY

Keep yourself active with a daily walk, a workout, reading a book, or doing a jigsaw. (or all of them!).



4

DON'T BE AFRAID TO ASK FOR HELP

During challenging times, it's perfectly natural to struggle mentally. Try not to bottle up your feelings and speak to a friend or seek professional help.



5

CURB YOUR ALCOHOL INTAKE

Contrary to popular belief, drinking too much alcohol can exacerbate negative feelings, anxiety and worry. If you're struggling with your mental health try to ensure you're not drinking too much.

Mental Health Tips Update Warranty

Christine Bolwell

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

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Scientific and Technical Revolution: Yesterday, Today and Tomorrow Elena G. Popkova, Bruno S. Sergi, 2020-06-05 This book presents a system view of the digital scientific and technological revolution including its genesis and prerequisites current trends as well as current and potential issues and future prospects It gathers selected research papers presented at the 12th International Scientific and Practical Conference organized by the Institute of Scientific Communications The conference Artificial Intelligence Anthropogenic Nature vs Social Origin took place on December 5 7 2019 in Krasnoyarsk Russia The book is intended for academic researchers and independent experts studying the social and human aspects of the Fourth Industrial Revolution and the associated transition to the digital economy and Industry 4.0 as well as the creators of the legal framework for this process and its participants entrepreneurs managers employees and consumers It covers a variety of topics including intelligent technologies and artificial intelligence the digital economy the social environment of the Fourth Industrial Revolution and its consequences for humans the regulatory framework of the Fourth Industrial Revolution and the green consequences prospects and financing of the Fourth Industrial Revolution

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2 which acid is produced in the stomach a hno₃ b ch₃cooh c

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explanation

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