

# 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 World Series Latest

**Mike Jess**



## **Mental Health Tips World Series Latest:**

Index of NLM Serial Titles National Library of Medicine (U.S.),1984 A keyword listing of serial titles currently received by the National Library of Medicine     *Journal of Health, Physical Education, Recreation* ,1952     *Current Catalog* National Library of Medicine (U.S.),1979 Includes subject section name section and 1968 1970 technical reports     **New York Magazine** ,1986-10-20 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea     The Journal American Association for Health, Physical Education, and Recreation,1951     *Journal of the American Association for Health, Physical Education, Recreation* American Association for Health, Physical Education, and Recreation,1951     **The Survey** ,1930     *Adult Leadership* ,1959     **New Serial Titles, Classed Subject Arrangement** ,1971     **Legislative Calendar** United States. Congress. House. Committee on Education and the Workforce,2006     **Film Review Index** ,1974     **The Corrector** ,1922     *Edison Round Table* ,1928     Reference & User Services Quarterly ,2001     **Hygeia** ,1936     *The Psychogram* Greystone Park Psychiatric Hospital,1956     **New Serial Titles** ,1969     Notes - Municipal Reference and Research Center Municipal Reference and Research Center (New York, N.Y.),1952     **School Library Journal** ,2007     Municipal Reference Library Notes ,1952

## Whispering the Secrets of Language: An Emotional Quest through **Mental Health Tips World Series Latest**

In a digitally-driven world where displays reign great and instant conversation drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases often go unheard. Yet, nestled within the pages of **Mental Health Tips World Series Latest** a charming fictional prize blinking with fresh feelings, lies a fantastic journey waiting to be undertaken. Penned by a skilled wordsmith, that enchanting opus attracts readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles fabric of every word. Within the emotional depths of this emotional evaluation, we can embark upon a genuine exploration of the book is key subjects, dissect its interesting writing fashion, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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