

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 Last 90 Days Open Now

Padhraic Smyth

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Annual Report - National Association for Mental Health National Association for Mental Health (U.S.),1958
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Senate,1962 *Namh Reporter* ,1958 **Hearings** United States. Congress. House,1962 Press Summary - Illinois
Information Service Illinois Information Service,2002-04-16 **Congressional Record** United States. Congress,2000
The Ladies' Home Journal ,1897 *The Mental Health Survey of Los Angeles County, 1957-1959* Welfare Planning
Council, Los Angeles Region. Mental Health Survey Commission of Los Angeles County,1960 **California Mental Health**
Progress ,1966 **People of Today** ,2001 *New York Magazine* ,1991-09-09 New York magazine was born in 1968 after
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