

10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

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Help Yourself Towards Mental Health Courtenay Young,2018-05-08 This book explores how an individual can help themselves resolve a wide variety of ordinary everyday life problems and improve their mental health It is designed as a self help aid for people with depression anxiety or with issues of low self esteem **Mental Self-help** Edwin Lancelot Ash,1923

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