

# 5 TIPS FOR Taking Care of Your Mental Health

## Practice Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

## Stay Active

Do regular exercise, as it can boost your mood and reduce stress.

## Get Enough Sleep

Prioritize quality sleep with a healthy bedtime routine.

## Practice Gratitude

Cultivate a positive mindset by counting your blessings daily.

## Seek Support When Needed

Reach out to family, friends or mental health professionals when necessary.



# Mental Health Tips Last 90 Days Tutorial

**Illinois Information Service**

## **Mental Health Tips Last 90 Days Tutorial:**

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**Willing's Press Guide and Advertisers' Directory and Handbook** ,2006

The Pennsylvania Rural Access Guide Center for Rural Pennsylvania,2000

*Christian Writers' Market Guide 2003* Sally Stuart,2003-01-21 Lists Christian book and periodical publishers by subject area Includes greeting card gift and specialty markets as well as directories of conferences and workshops writers clubs and groups literary agents contests as well as a glossary of terms

**Willing's Press Guide** ,2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

National Guide to Funding in Health Foundation Center,2003

**Guide to Medical Billing and Coding** Inc Icdc Publishing,2007

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**Rock the System** ,1994 *Federal Education Program Guide* ,1976 **National Guide to Funding in Health** Gina-Marie Cantarella,1999 Geographical listing of nonprofit nongovernmental organizations that make funds available for health purposes Includes national regional and local foundations Entries give such information as financial data types of support and application information Geographical subject foundation indexes **Prospective Payment for Long-term Care** Judith J. Baker,1998 This text explains the composition of the Prospective Payment System allowing the reader to understand how the rates are built Special features include rate setting examples presented in a form that can be understood readily by the user worksheet examples presented in an easy to use format and a glossary designed for use by those not generally familiar with the long term care Prospective Payment System terminology *Press Summary - Illinois Information Service* Illinois Information Service,2002-04-16 **Official Voter Information Guide** ,2018

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