

# 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**



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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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

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