

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 Near Me

Kathleen Armour

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Debates of the Senate: Official Report (Hansard). Canada. Parliament. Senate,2010-05 **The Training School Bulletin** ,1918 **The Survey** ,1930 **Journal of Proceedings of the Board of Supervisors of the County of Oneida** Oneida County (N.Y.) Board of Supervisors,1962 Help for Hair Pullers Nancy J. Keuthen,Dan J. Stein,Gary A. Christenson,2001 This definitive new self help guide offers help to the millions of Americans who suffer from trichotillomania an obsessive compulsive disorder that leads them to pull out their hair

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