

# 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

**Caitlin Rose**

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

[Comprehensive Guide to SBI Bank PO Preliminary & Main Exams with PYQs, 100+ Video Course \(12th Edition\) | 5 Online Tests | 5000+ MCQs | Fully Solved](#) Disha Experts, The updated and revised 12th edition of the Book Comprehensive guide to SBI Bank PO Exam is now a more powerful preparatory material with the addition of 100 Hours of Video Lectures 5 Online Tests This new edition incorporates new chapters variety of questions as per latest SBI PO exams A 100 Hours of Self paced Video Course is also added with this book to provide preparatory lectures which can be attended from the comfort of your home The book covers all the sections of the Preliminary Main PO Exams English Language Quantitative Aptitude Data Analysis Data Interpretation Reasoning Ability Computer Aptitude and Banking knowledge General Awareness and Current Updates The book provides well illustrated theory with exhaustive fully solved examples for learning This is followed with an exhaustive collection of solved questions in the form of Exercise The book incorporates last 9 years SBI PO Prelim Main Question papers with solutions in the respective chapters A total of 5000 MCQs with 100% explanations to quant Reasoning English sections Study material for Banking economics financial Awareness with Past years Questions Practice Questions is covered in the book Also cover high level questions on latest SBI PO Exam pattern

## **The Bodies in Our Blind Spot: A Practitioner's Guide to Building Safety and Courage from the Bottom Up**

Caitlin Rose, 2025-04-14 For decades Western medicine and mental health disciplines have struggled with a fundamental blind spot the failure to fully integrate the body's role in emotional and psychological healing The Bodies in Our Blind Spot offers a revolutionary framework for practitioners ready to bridge this gap Drawing from Polyvagal Theory and the science of resilience and peak performance this guide presents a bottom up approach to healing one that goes beyond talk therapy and cognitive reframing to address the physiological foundations of emotional well being This book provides A clear science backed framework for understanding and integrating somatic work into existing therapeutic practices Practical tools and exercises to help clients expand their nervous system capacity moving from fear to safety and from collapse to courage A structured approach for addressing chronic states of anxiety depression trauma and stress that have been resistant to traditional treatments Insights for practitioners across disciplines including mental health professionals somatic therapists trauma specialists performance coaches and resilience experts By restoring the body's ability to regulate and process emotions at the physiological level practitioners can help clients experience faster more sustainable breakthroughs while creating a practice that is emotionally sustainable for themselves Whether you are a therapist looking to integrate somatic techniques a coach working with peak performers or a self healer searching for practical strategies The Bodies in Our Blind Spot will equip you with the knowledge and tools to unlock lasting transformation from the inside out

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