

# 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.



# Max Streaming Mental Health Tips Last 90 Days

**Ian Pickup**



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**Congressional Record** United States. Congress,2000      **Selected Water Resources Abstracts** ,1990-06

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*Martindale-Hubbell Law Digest* Martindale-Hubbell,2003-04      **The Cultivator & Country Gentleman** ,1889 The farm the garden the fireside      A Standard Dictionary of the English Language Isaac Kaufman Funk,Francis Andrew March,1897

*The Lumber Manufacturer and Dealer* ,1911      **Messages to the General Assembly** Pennsylvania. Governor,1907 Includes annual biennial and special messages inaugural adresses speches etc before the Legislature      **Lumber Manufacturer and Dealer** ,1911      The New Statesman and Nation ,1950      World Travel Guide Media House,2004-05

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