

MOBILE APP

MENTAL HEALTH

9:41

Take care of yourself

Self-care is simply the time we take to look after our mind and body. But how do we practice it regularly? Let's explore the science of self-care in this course.

Lesson 1: Why you should...

We'll learn about

- What is self-care
- When and how practice it

3 days later

9:41

KEEP WATCHING

How to practice gratitude

Lesson 2: When (and why)...

Daily stress... Happiness Breathing Self-care

Why happiness?

Lesson 1: Why happiness is a choice

Lesson 2: Do and do not be happy

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Upgrade

Why happiness is a choice

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The Enigmatic Realm of **Cash App Mental Health Tips Compare**: Unleashing the Language is Inner Magic

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