

# 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 Discount

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real equity in schools In this volume antiracist educators explore an equally troubling but insufficiently explored threat the racism upheld by schools and districts that claim an antiracist commitment These institutions perpetuate disparities by enacting that commitment through surface level and soft diversity and inclusion goals and popular initiatives that are more equity optics than antiracism This book asks How is racism perpetuated through actions programs practices and initiatives that might appear to be inclusion oriented or progressive but never quite get around to eliminating racism How do these efforts pose as racial equity while protecting systems of advantage and disadvantage creating a sort of equity inertia The book then asks What would antiracism look like if we enacted a deeper antiracist approach What is a truer vision for racial equity A diverse collection of authors apply these questions to an equally diverse assortment of programs and practices such as trauma informed care social emotional learning restorative practices anti bias work in early childhood education Montessori schooling inclusive social studies curricula and toxic positivity and niceness as stand ins for racial equity Book Features Illustrates how K 12 educators can adopt more authentically justice oriented approaches to antiracism Draws on existing theoretical frameworks such as critical race theory critical whiteness studies culturally sustaining pedagogies and equity literacy Examines concepts such as white fragility racial battle fatigue white privilege and interest convergence Includes a range of authors from racial justice scholars to classroom teachers Offers an engaging and accessible format that combines narrative with theoretical grounding bridging critical analysis to visions for moving forward Contributors Tracey Benson Alina Campana Elisabeth Chan Lavette Coney Jeanne Connelly Jennifer C Dauphinais Addison Duane Heidi Faust Betty Forrester JPB Gerald Simona Goldin Paul C Gorski Daisy Han Debi Khasnabis Katie Kitchens Amelia M Kraehe Anna Kushner Lindsay Lyons Cheryl Matias Andr a C Minkoff Theresa Monta o Jenna Kamrass Morvay Crystena Parker Shandal Cherie Bridges Patrick Maria Gabriela Paz Brianne Pitts Chris Seeger Greg Simmons Daniel Tulino Katherine Wood The Laws of Wisconsin Wisconsin, 1977 Includes some separate vols for special sessions **Reverse Mortgages For Dummies** Sarah Glendon Lyons, John E. Lucas, 2011-01-11 For seniors who live on a fixed income owning a home and keeping it can be financially challenging Rather than face the choice of selling your home and moving or becoming a home owning pauper reverse mortgage products let seniors convert part of their equity into tax free income that can be used for anything even mortgage payments living expenses or medical costs Reverse Mortgages For Dummies covers all the basics of reverse mortgage products so you and your adult children can understand and take full advantage of these handy loans and keep the home you love Covering a full range of reverse mortgage options and topics you ll discover how to Decide if a reverse mortgage is right for you Shop for the best reverse mortgage products Find out if your home is eligible Find a counselor who can help you Written by Sarah Lyons an Assistant Editor at Mortgage Originator magazine and John Lucas an experienced reverse mortgage specialist Reverse Mortgages For Dummies explains these helpful loan products in simple easy to understand language free of all the jargon Once you understand how reverse mortgages differ from other loans and what you

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