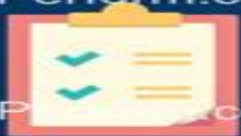


# 10 WAYS TO BOOST YOUR MENTAL HEALTH



## CHALLENGE THOUGHTS

Challenge negative thoughts that come into your mind. Learn how to problem solve effectively.



## SET GOALS

Set realistic goals for yourself. Be proud of yourself when you achieve your goals.



## MANAGE STRESS

Take time to learn some coping strategies that can help you to deal with stress.



## SHARE THINGS

Don't be afraid to share things with your family or friends.



## HEALTHY BODY

Look after your body as well as your mind. Nutrition plays a large role within this.



## RELAX

Find time to relax. Take time for yourself. Dedicate some time each week for yourself. Meditate, try yoga or practice deep breathing.



## SLEEP

Make sure that you are getting a good amount of sleep each night. Establish a good sleep pattern.



## WORK ON YOURSELF

Make sure that you take some time to work on your own well being.



## EXERCISE

Exercise is great for helping to boost mood, increase well being and reduce stress and anxiety.



## TALK TO SOMEONE

Don't be afraid to talk to someone about any issues that you might be experiencing. Make sure that you seek the right advice.

# Act Practice Mental Health Tips Guide

**Michael Hoelscher**



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