

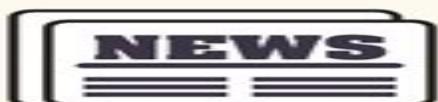
# 5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



1

## CATCH-UP WITH OTHERS OVER A CUPPA

It can be easy to get into a rut and not make time for your relationships. Try to check in with friends and family by picking up the phone or schedule regular catch ups over video calls.



2

## LIMIT HOW MUCH NEWS YOU CONSUME

There's a lot of gloomy news at the moment and listening or reading too much of it can increase anxiety. Setting yourself a daily limit can help protect your mental health.



3

## STAY ACTIVE, MENTALLY AND PHYSICALLY

Keep yourself active with a daily walk, a workout, reading a book, or doing a jigsaw. (or all of them!).



4

## DON'T BE AFRAID TO ASK FOR HELP

During challenging times, it's perfectly natural to struggle mentally. Try not to bottle up your feelings and speak to a friend or seek professional help.



5

## CURB YOUR ALCOHOL INTAKE

Contrary to popular belief, drinking too much alcohol can exacerbate negative feelings, anxiety and worry. If you're struggling with your mental health try to ensure you're not drinking too much.

# Mental Health Tips Update Tutorial

**Jicheng Xie**

## **Mental Health Tips Update Tutorial:**

**The Her Campus Guide to College Life, Updated and Expanded Edition** Stephanie Kaplan Lewis, Annie Chandler Wang, Windsor Hanger Western, 2019-04-16 Every young woman's essential guide to tackling all of the challenges of college from stress to debt to scholarships in a completed updated new edition. Some things are common sense but some things aren't especially when it comes to navigating a college campus in a way that's fun, independent, and totally safe. Today.com Get ready for the best years of your life. From the experts behind Her Campus, this completely updated college guide is bursting with insider tips to help you navigate classes, relationships, and all your extracurriculars, including parties and Greek life, of course. Whether you're just starting freshman year or a seasoned pro as an upperclassman, you'll learn tips and tricks for how to survive Bonding with your roommate while setting ground rules for your new space at the same time. Beating the dreaded Freshman 15 without having to give up dessert. Snagging a date with the cutie from class. Coping with stress and anxiety even during the insanity of finals week. Navigating student loans and finding the best financial aid scholarships and post-graduate loan forgiveness programs. Scoring awesome jobs and internships and transitioning into post-collegiate life. Staying safe on campus so you can enjoy all college has to offer without horror stories. Complete with fun checklists and helpful worksheets, *The Her Campus Guide to College Life Updated and Expanded Edition* shows you how to make the most out of your undergrad experience in and outside the classroom.

### **Helping Patients Who Drink Too Much, A Clinician's Guide, Updated 2005 Edition**, 2007

Ferguson Career Resource Guide for People with Disabilities, Third Edition, 2-Volume Set, 2009 Each two volume book contains four major sections: Introduction and Overview. Provides forewords by notables in the field and an outline of the book. Essays: Features eight to 10 essays on topics such as workplace issues, financial aid, diversity, and more. Directory: Contains descriptions and contact information for hundreds of organizations, schools, and associations arranged by topic. Further Resources: Indexes. Includes glossaries, appendixes, further reading, and indexes.

**American Dietetic Association Complete Food And Nutrition Guide, Rev Updated 4e** Roberta Larson Duyff, 2012-02-03 The new edition of the ADA's flagship food and nutrition guide, updated based on the very latest Dietary Guidelines for Americans. With over 200,000 copies sold in all editions, this award-winning resource from the world's leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life. In this completely revised and updated new edition, you'll find up-to-date evidence-based practical answers for your many food and nutrition questions. This cornerstone guide from the American Dietetic Association, written by nationally recognized food and nutrition expert and registered dietitian Roberta Larson Duyff, covers the basics on nutrition, managing weight, and healthy eating. It also provides easy steps and how-tos for selecting, preparing, and storing foods safely to get the most nutrition and flavor for your dollar and more. Comprehensive, accessible, and easy to use, this valuable reference shows how to make healthy food choices to fit any lifestyle. How to put the very latest Dietary Guidelines for Americans on food choices and physical

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**U.S. Master Employee Benefits Guide, 2008 Edition** CCH Incorporated,2008-01-29 The 2008 U.S. Master Employee Benefits Guide is the ideal reference for HR personnel benefits professionals benefits attorneys payroll managers or anyone involved in the area of employee health and welfare benefits This handy authoritative book discusses pertinent federal tax and labor laws as they involve employee benefits plans the Guide provides straight forward coverage of important employee benefits issues that confront HR and benefits personnel on a daily basis These include the basics rules that employee benefits plans have to meet under ERISA tax angles that employers must consider and specific welfare and benefits issues of design administration and compliance Among the specific types of benefits covered are health plans cafeteria plans flexible spending accounts educational assistance programs and wellness programs Benefits and Features Explanations of employee benefit changes arising out of recent law and regulatory changes Discussion of compliance issues including employee benefits communication management reporting and disclosure Cross references To The Internal Revenue Code and Regulations ERISA and its regulations Time saving features include sample benefits policies and compliance documents checklists and worksheets    Guide to American Directories ,1978    Guide to Carlyle Augustus Ralli,1922    **Guide Book to Childhood** William Byron Forbush,1916    **Readers' Guide to Periodical Literature** ,1919    **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,1929 An author subject index to selected general interest periodicals of reference value in libraries    Medico-pharmaceutical Critic and Guide William Josephus Robinson,1925    Guide to Federal Funding for Governments and Nonprofits ,2002    **Mental Hygiene Bulletin** ,1929    **PDR Guide to Drug Interactions, Side Effects, and Indications** ,2007    The Hunter's & Trapper's Complete Guide ,1875    Consumer Sourcebook Paul Wasserman,Jean Morgan,1978    Selecting Materials for Instruction: Subject areas and implementation Marda Woodbury,1980    **Journal of Health, Physical Education, Recreation** ,1957    Hygeia ,1948

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