

4 TIPS FOR YOUR MENTAL HEALTH

VALUE YOURSELF

Valuing yourself is crucial. It impacts all aspects of your life. Without self-love, self-worth, and self-esteem, you limit yourself. Knowing who you are and setting boundaries is critical for attaining the life of your dreams. The world is full of infinite possibilities, don't limit yourself because of a lack of self-value.



SURROUND YOURSELF WITH GOOD PEOPLE

There is no doubt that the people we surround ourselves with influence us. Be careful with whom you let in your social circle. They can either drain your energy or lift you up. It is critical to have supportive friends who inspire and empower you.



QUIET YOUR MIND

Quieting our minds is especially important when we are stressed out and unable to focus. Sometimes negative thoughts take over, and we can't concentrate on the task at hand. Practicing mindfulness is helpful during these situations.



DO THINGS FOR OTHERS

When you spend too much time thinking about yourself, you may become depressed. Lending a hand to someone in need can help your self-esteem.



Mental Health Tips Weekly Ad Update

AW Rasmussen



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SAMHSA News ,2006 Mental Health: New Insights for the Healthcare Professional: 2013 Edition ,2013-07-22
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