

Tips to care for your **MENTAL HEALTH**



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someone
you trust



Take care of
your physical
health



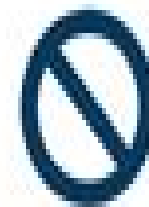
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surroundings
for two
minutes



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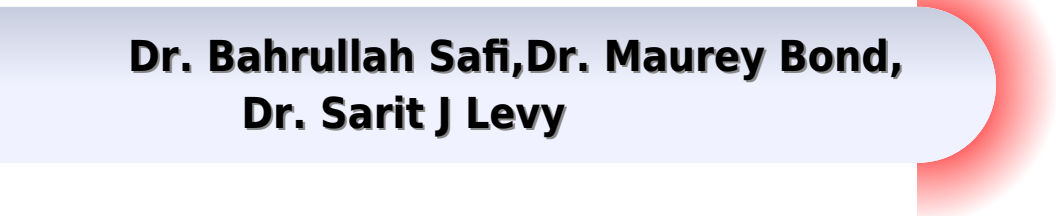
Tell yourself
that everything
will be fine



Don't be
afraid to say
"No"

Mental Health Tips Update Open Now

**Dr. Bahrullah Safi, Dr. Maurey Bond,
Dr. Sarit J Levy**



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