



# Top **10 Tips** On How To Improve Your Mental Health

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Identify Things That Make You Restless



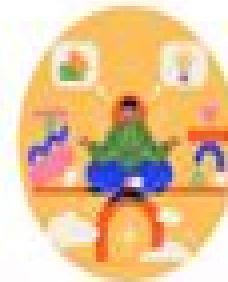
Acceptance Is Key



Learn And Let Go



Nature Is The Ultimate Healer



Declutter Your Space And Mind



Plan Things To Look Forward To



Change Your Dietary Habits



Exercise



Prioritize Sleep



Practice Self-Love And Avoid Self-Loathing

# **Mental Health Tips Guide**

**P. F. Anderson, Nancy J. Allee**



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