

5

MENTAL HEALTH TIPS



Practice Mindfulness

Mindful meditation or deep breathing exercises to stay present and reduce stress.

Laugh

Watch a funny movie, read a humorous book, or spend time with people who make you laugh.



Set Boundaries

Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

Learn Something New

Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.



Gratitude

Regularly take a moment to reflect on things you're grateful for.

Mental Health Tips Guide Sign In

Jill C. Cash, Cheryl A. Glass

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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Ignite the flame of optimism with is motivational masterpiece, **Mental Health Tips Guide Sign In** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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