

SUMMER

Mental Health Tips

Discover 7 tips to care for your mental health during summer break.



#1

Embrace the Outdoors: 30 minutes of outdoor time daily can increase your vitamin D levels, positively impacting your mood and regulating melatonin, aiding in better sleep quality.

Engage in Meaningful Activities: Consider volunteering and part-time employment to maintain consistency and routine in your life.

#2

#3

Prioritize Healthy Habits: Practice mindfulness, exercise, and maintain consistent sleeping and eating patterns.

Maintain Social Connections: Stay connected with family and friends to prevent isolation and maintain mental well-being.

#4

#5

Limit Screen Time: Set boundaries on screen time and prioritize face-to-face interactions to reduce excessive screen time and its effects.

Have Fun: Use the break to do things you enjoy. Engaging in fun activities triggers endorphins and can lead to an overall sense of positive well-being.

#6

#7

Seek Help: Seek support and help instead of pausing for the summer break. Teen Line (1-800-852-8336) & National Suicide Prevention Lifeline (1-800-273-8255).

Mental Health Tips Price Store Hours

IM Harris



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Mental Health Tips Price Store Hours Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Mental Health Tips Price Store Hours**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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