

# 10 WAYS TO IMPROVE YOUR MENTAL HEALTH



- ✓ Move your body
- ✓ Trade TV time for other activities
- ✓ Cut back on alcohol
- ✓ Embrace nature
- ✓ Create healthy relationships
- 😊 ✓ Sing out loud
- ✓ Do one thing at a time
- ✓ Practice mindfulness
- ✓ Sleep well
- ✓ Declutter your space



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