# 5 TIPS FOR

# Taking Care of Your Mental Health

Practice Mindfulness Take daily moments for mindfulness, like meditation, to find inner calm.

Stay Active Do regular exercise, as it can boost your mood and reduce stress.

Get Enough Sleep Prioritize quality sleep with a healthy bedtime routine.

Practice Gratitude Cultivate a positive mindset by counting your blessings daily.

Seek Support When Needed Reach out to family, friends or mental health professionals when necessary.



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**Annelies Wilder-Smith** 

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