

# Tips to care for your **MENTAL HEALTH**



Talk to  
someone  
you trust



Take care of  
your physical  
health



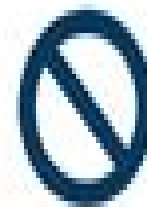
Focus on your  
surroundings  
for two  
minutes



Do activities  
you enjoy



Tell yourself  
that everything  
will be fine



Don't be  
afraid to say  
"No"

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