

Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

Mental Health Tips Tips

Jaime Wishstone

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 author's name.

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