

# 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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**University of Illinois (Urbana-  
Champaign campus)**



## **Mental Health Tips Compare Install:**

**Varc Carolis' Foundations of Psychiatric-Mental Health Nursing - E-Book** Margaret Jordan Halter,2021-07-08

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**Free from the Trauma of Coercive, Cultic and Spiritual Abuse** Gillie Jenkinson,2023-05-23 This is an interactive self help workbook and psychological road map to enable survivors of coercive cultic and spiritual abuse to find healing recovery and growth This book provides a comprehensive guide to recovery based on a tested model of post cult counselling and years of research and clinical experience It is designed to help survivors of diverse abusive settings including religious and spiritual political gangs business therapy and wellness and one on one relationships The reader follows a beautifully illustrated journey through four Phases of recovery and growth one Milestone at a time to make sense of what has happened to them learn how to walk free from psychological control and find resources for healing The author includes stories from her own experience detailing her path towards recovery and how she learned to come to terms with and overcome what happened to her Written in accessible language this workbook serves as both a self help book for survivors and former members and a guide for therapists working with them *The Consumer Information Catalog* ,2006 Electrical

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**Military Construction Appropriations for 1999: Overview,**

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