

10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

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JG Myers



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or worse just an inherent trait But what if real optimism is something else entirely In *The Power of Real Optimism* Dr Deepika
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muscle we can strengthen Drawing from over a decade immersed in the science of resilience emotional well being and
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