

# 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.



# Mental Health Tips Last 90 Days Tutorial

**Wenbin Ji**



## **Mental Health Tips Last 90 Days Tutorial:**

*The Epic Fail Guide to Mental Health: How to Stress Out, Fail, and Stay Miserable (Satire)* Dr. Rabea Hadi, 2025-06-30  
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