

# 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 Prices Tutorial

**TD Snyder**



## **Mental Health Tips Prices Tutorial:**

**A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers** Luciano L'Abate,2014-01-14  
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