

TIPS TO BOOST YOUR MENTAL HEALTH TODAY



START YOUR DAY WITH A GREEN TEA

Green tea is linked to lower rates of depression.



SHOW SOME LOVE TO SOMEONE IN YOUR LIFE

Close, quality, relationships are key for a happy, healthy life.



GO AHEAD AND YAWN ALL YOU WANT

Linked to improving alertness and mental efficiency.



WRITE DOWN ALL YOUR WORRIES

This will help you feel calmer and productive.



QUESTION YOUR LACK OF MOTIVATION

Reflect on where the dread is coming from.



TALK IT OUT WITH A FRIEND

Someone who understands you can help you feel more confident.



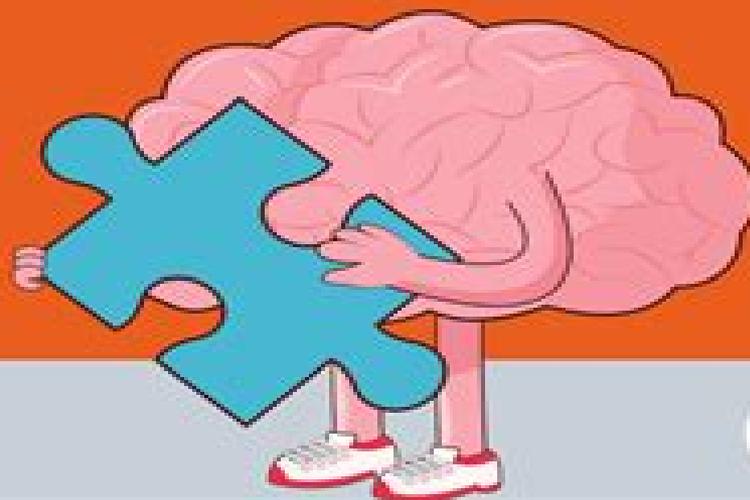
DON'T FORGET TO TREAT YOURSELF

A good breakfast or lunch will keep you feeling energised.



EASE UP ON MONDAYS

Delegate your work across the week instead.



Mental Health Tips Today Tutorial

G Psacharopoulos



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