

5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



1

CATCH-UP WITH OTHERS OVER A CUPPA

It can be easy to get into a rut and not make time for your relationships. Try to check in with friends and family by picking up the phone or schedule regular catch ups over video calls.



2

LIMIT HOW MUCH NEWS YOU CONSUME

There's a lot of gloomy news at the moment and listening or reading too much of it can increase anxiety. Setting yourself a daily limit can help protect your mental health.



3

STAY ACTIVE, MENTALLY AND PHYSICALLY

Keep yourself active with a daily walk, a workout, reading a book, or doing a jigsaw. (or all of them!).



4

DON'T BE AFRAID TO ASK FOR HELP

During challenging times, it's perfectly natural to struggle mentally. Try not to bottle up your feelings and speak to a friend or seek professional help.



5

CURB YOUR ALCOHOL INTAKE

Contrary to popular belief, drinking too much alcohol can exacerbate negative feelings, anxiety and worry. If you're struggling with your mental health try to ensure you're not drinking too much.

Mental Health Tips Deal

Edenilson Brandl



Mental Health Tips Deal:

Adopting the Tune of Expression: An Emotional Symphony within **Mental Health Tips Deal**

In a world used by screens and the ceaseless chatter of immediate communication, the melodic beauty and psychological symphony developed by the written word often disappear in to the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. But, located within the pages of **Mental Health Tips Deal** a charming fictional treasure brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that fascinating masterpiece conducts visitors on a mental journey, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of the emotional examination, we will discover the book is main harmonies, analyze their enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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