

MENTAL HEALTH TIPS

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1

BECOME A PROFICIENT OBSERVER

It's easy to justify our feelings by telling ourselves, but the real trick is challenging those thoughts.



2

TAKE ACTION BEFORE YOU HIT ROCK BOTTOM

Whenever you notice you're slipping, this is the time to do something about it.



3

LEAD BY EXAMPLE FOR THOSE AROUND YOU

It can empower those around you when you look after your own mental health.



4

KNOWING THE SERVICES AVAILABLE

There is a lot of online support for mental health, making it easier to talk and gain confidence.

Mental Health Tips Credit Card Offers This Week

Ying-Ying Zheng



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