

# 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 Guide

**Brendan G. Carr**



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seminary where he was also a wexner graduate fellow and a ba from harvard college he has been named multiple times to  
newsweek s list of the top 50 rabbis in america rabbi tucker is also a co founder of kehilat hadar

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web may 11 2021 identification with branches of american judaism more than half of u s jews identify with the reform 37 or  
conservative 17 movements while about one in ten 9 identify with orthodox judaism

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web a member of a people whose traditional religion is judaism although my family is jewish we re not practising jews actively involved in the religion fewer examples there are

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