

# MENTAL HEALTH CARE TIPS FOR *Workers*



## TAKE A POWER NAP TO RE-CHARGE

Idlip-idlip din kahit konti.



## CONNECT WITH YOUR CO-WORKERS

Mas kakayanin kapag sama-sama.



## CONNECT WITH YOUR FAMILY AND FRIENDS

Mag-video call at text sa inyong mga mahal sa buhay.



## CREATE A CULTURE OF AFFIRMATION

Purihin at palakasin ang loob ng bawat isa.



## TAKE CARE OF EACH OTHER

Kumustahin ang mga kasama.



## IT'S OKAY NOT TO BE OKAY

Normal na makaramdam ng pangamba, takot, inis, pagkabigo at pagod.



## BELIEVE THAT YOU HAVE A STRONG GOD

Stronger than this challenge and this too shall pass.



## DO NOT FORGET YOUR HEALTH

Mag-ehersisyo at kumain ng wasto sa tamang oras.

# Mental Health Tips Last 90 Days Download

**Gregory L. Weiss**



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web introduction to investing and valuation chapter 1 p 3 c1 7 this is not an easy question at this stage it will be answered in full as the book proceeds but one way to think about it is as follows if an investor expects to earn 10 on her investment in a stock then earnings price should be 10 and price earnings should be 10

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web dec 5 2013 10 individuals and employers make payments over the entire working life of a person with those funds invested to grow over time ultimately the accumulated value in the pension can be used by the person in retirement pension plans accumulate considerable sums of money and their managers invest those funds with long term investment time