

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

Laura Mars



Mental Health Tips Deal:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Mental Health Tips Deal**

In some sort of inundated with screens and the cacophony of fast communication, the profound energy and emotional resonance of verbal artistry frequently fade into obscurity, eclipsed by the regular onslaught of sound and distractions. However, situated within the musical pages of **Mental Health Tips Deal**, a interesting function of literary brilliance that pulses with fresh emotions, lies an unforgettable journey waiting to be embarked upon. Published with a virtuoso wordsmith, this exciting opus instructions visitors on a mental odyssey, softly revealing the latent possible and profound affect stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key styles, dissect their captivating writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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