

# 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 Update Tutorial

**JA Banks**



## **Mental Health Tips Update Tutorial:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Mental Health Tips Update Tutorial**

In some sort of inundated with screens and the cacophony of quick conversation, the profound power and psychological resonance of verbal artistry usually fade in to obscurity, eclipsed by the regular onslaught of sound and distractions. However, nestled within the musical pages of **Mental Health Tips Update Tutorial**, a captivating work of fictional elegance that pulses with natural feelings, lies an memorable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this mesmerizing opus manuals readers on a mental odyssey, lightly revealing the latent potential and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is main styles, dissect its charming publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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