

# Mental Health Tips

## Dr. Tara's Top 10

Practice these scientifically backed practices to promote optimism, belonging & resilience.



### ✓ 1. Be Nice to Yourself

Self-compassion is treating yourself kindly, just like you would toward a friend in need.

### ✓ 2. Practice Kindfulness

Be aware of the present moment with heart. Pause and breathe a few times a day for as little as 3 minutes.

### ✓ 3. Turn Triggers into Challenges

Reframe inevitable failures and disappointments into life lessons. Remember how far you've come.

### ✓ 4. Create Healthy Habits

Take care of your body with regular physical activity, healthy eating, and a good night's sleep.

### ✓ 5. Get Outdoors

Refresh. As little as 10 minutes in an outdoor space with nature can do the trick.

### ✓ 6. Notice Little Things

Practice gratitude and awe. Take in the good. Savor.

### ✓ 7. Be Kind

Volunteering for one-hour-a-week increases longevity. For real.

### ✓ 8. Try Social Media Distancing

Take a brain break from social media and news. Avoid negative social comparisons. You are enough.

### ✓ 9. Accept What Can't Change

The one thing you can control is your response to life's encounters. Let go. Let be. Let love.

### ✓ 10. It's Ok To Ask for Help

Be brave. Share your story. Connect with others.



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web speziell um pilates kurse für werdende mütter anzubieten spezifische abwandlungen zahlreicher pilatesübungen für schwangere hintergrundwissen zu schwangerschaft geburt und schwangerschaftsbeschwerden besonderer stundenflow sanfteres training passende atmosphäre