

10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

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California Mental Health News ,1956 **The Big Book of Health Tips** Frank W. Cawood and Associates,1996 1 300 plus tips for better health give you the keys to a happier healthier longer more fulfilling life right now *Mental Health Information for Teens* Karen Bellenir,2010 Provides basic consumer health information for teens about mental illness and treatment along with tips for maintaining mental and emotional health **1001 Best Health Tips** Anne Alexander,2001

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