

TIPS FOR A GOOD MENTAL HEALTH



Be Active



Eat Healthy



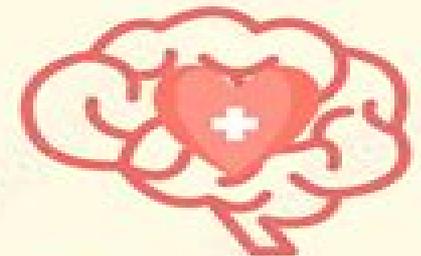
Meditation



Enough Sleep



Talk With Friends



Be Positive

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