

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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Table of Contents Mental Health Tips Review Store Hours

1. Understanding the eBook Mental Health Tips Review Store Hours
 - The Rise of Digital Reading Mental Health Tips Review Store Hours
 - Advantages of eBooks Over Traditional Books
2. Identifying Mental Health Tips Review Store Hours
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mental Health Tips Review Store Hours
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mental Health Tips Review Store Hours
 - Personalized Recommendations
 - Mental Health Tips Review Store Hours User Reviews and Ratings
 - Mental Health Tips Review Store Hours and Bestseller Lists
5. Accessing Mental Health Tips Review Store Hours Free and Paid eBooks
 - Mental Health Tips Review Store Hours Public Domain eBooks
 - Mental Health Tips Review Store Hours eBook Subscription Services
 - Mental Health Tips Review Store Hours Budget-Friendly Options
6. Navigating Mental Health Tips Review Store Hours eBook Formats
 - ePub, PDF, MOBI, and More
 - Mental Health Tips Review Store Hours Compatibility with Devices
 - Mental Health Tips Review Store Hours Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mental Health Tips Review Store Hours
 - Highlighting and Note-Taking Mental Health Tips Review Store Hours
 - Interactive Elements Mental Health Tips Review Store Hours

8. Staying Engaged with Mental Health Tips Review Store Hours
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mental Health Tips Review Store Hours
9. Balancing eBooks and Physical Books Mental Health Tips Review Store Hours
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mental Health Tips Review Store Hours
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Mental Health Tips Review Store Hours
 - Setting Reading Goals Mental Health Tips Review Store Hours
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mental Health Tips Review Store Hours
 - Fact-Checking eBook Content of Mental Health Tips Review Store Hours
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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