

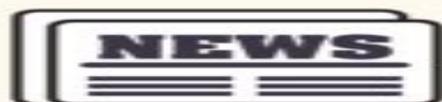
5 TOP TIPS TO HELP MANAGE YOUR MENTAL HEALTH



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.



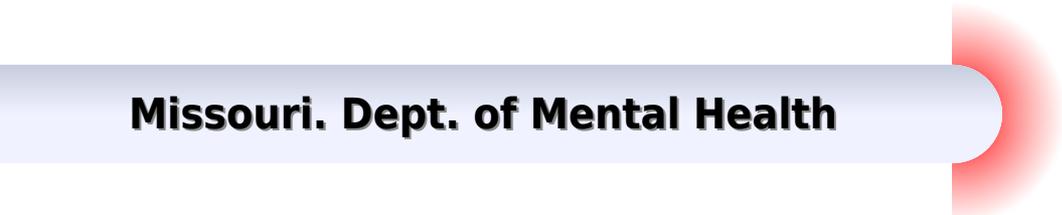
5

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 Latest Setup

Missouri. Dept. of Mental Health



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School Mental Health Stan Kutcher, Yifeng Wei, Mark D. Weist, 2015-05-05 The realisation that most mental disorders have their onset before the age of twenty five has focused psychiatric research towards adolescent mental health This book provides vivid examples of school mental health innovations from eighteen countries addressing mental health promotion and interventions These initiatives and innovations enable readers from different regions and disciplines to apply strategies to help students achieve and maintain mental health enhance their learning outcomes and access services worldwide Through case studies of existing programs such as the integrated system of care approach in the USA the school based pathway to care framework in Canada the therapeutic school consultation approach in Turkey and the REACH model in Singapore it highlights challenges and solutions to building initiatives even when resources are scarce This will be essential reading for educators health providers policy makers researchers and other stakeholders engaged in helping students achieve mental health and enhance their learning outcomes *Mental Health Bulletin*, 1928 *Sound Advice* Rhian Jones, Lucy Heyman, 2021-02-28 Are you interested in learning how to cultivate sustainable success in the popular music industry whilst prioritising your health If so this book is for you **Health Promotion in the Universities and Other Educational Settings** Miguel Corbí, Antoni Aguilo, Carmen Gallardo Pino, Mario Del Líbano, Carlos Emanuel Rodriguez-Diaz, Hiram V. Arroyo Acevedo, 2025-09-17 The promotion of health in universities is of great importance as it allows for the encouragement of healthy lifestyles and the prevention of diseases among students teaching staff and administrative personnel The university is a conducive environment for the promotion of healthy habits since firstly it is usually the moment when the students make decisions under their responsibility and secondly it is a place where academic sports and social activities take place so it is also an ideal moment to promote changes that can be transferred to society and the rest of the individual's life Health promotion in universities can cover several areas such as healthy eating physical exercise prevention of addictions emotional and social mental health among others It can also involve the entire university community from students to administrative and teaching staff In the case of students it is essential as it is a period of change and habit formation and the fact that they will be the future decision makers of society *New York Court of Appeals. Records and Briefs*. New York (State)., *The Year's Work in Mental Hygiene in New York State*, 1926 **Mental Health Nursing** Karen Lee Fontaine, J. Sue Fletcher, 1999 Disk contains approximately 150 NCLEX style multiple choice questions which emphasize the application of nursing care **Annual Report - New York State Department of Mental Hygiene** New York (State). Department of Mental Hygiene, 1928 Thirty ninth annual report 1926 27 covers the operations of the State Hospital Commission and the State Commission for Mental Defectives for the period from July 1 to Dec 31 1927 and those of the Department of Mental Hygiene for the period from Jan 1 to June 30 1927 *Defining the Mental Health Self-help Community* Eric Reeves Hardiman, 2001 **Mental Health**, 1968 *Annual Report, July 1 ... to June 30 ...* New York (State). State Hospital

Commission,1929 Hygeia ,1927 *Missouri Department of Mental Health Plan Update* Missouri. Dept. of Mental Health,1984 *New Methods of Mental Health Care* Molly Meacher,1979 *New York State Journal of Medicine* ,1927
Psychological Disorders in General Medical Settings N. Sartorius,1990 **Mental Health Services in Primary Care Settings** Delores L. Parron,Fredric Solomon,1980 *New Directions for Mental Health Services, Speculative Innovations for Helping People with Serious Mental Illness* Mona Wasow,1999-10-14 If there were no financial or legal restraints what parts of the mental health system would you change in hopes of improving the lives of people with serious mental illnesses This volume of *New Directions for Mental Health Services* posed this question to a consumer a parent researchers teachers administrators and clinicians Their creative and insightful answers point the way to a more comforting and consumer oriented mental health system for the future and provide some innovative ideas that could be implemented now The authors address working conditions for mental health professionals the benefits of pets to people with mental illness and strategies to counteract the isolation in which many people with mental illness live They also offer practical steps that parents can take to make sure that their mentally ill adult children will have some emotional and economic care after the parents deaths and they discuss interventions at both the domestic and community levels that could reduce the occurrence of schizophrenia and enhance the quality of life for sufferers This is the 83rd issue of the quarterly journal *New Directions for Mental Health Services* *Wisconsin AIDS/HIV Update* ,2002 **New York Legislative Documents** New York (State). Legislature,1921

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