

# 10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

# Mental Health Tips Top

**Jin-Ying Zhang**



## **Mental Health Tips Top:**

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*California Mental Health Progress* California. Department of Mental Hygiene,1960-03

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web we are not yet equal takes anderson s interpretation of the causes of systemic racism in the usa and makes it accessible to a teenage audience and to anyone who has not taken an american high school history class