

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 Prices

Clemens Wendtner



Mental Health Tips Prices:

Mental Health Tips Prices Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Mental Health Tips Prices**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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