

# 10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



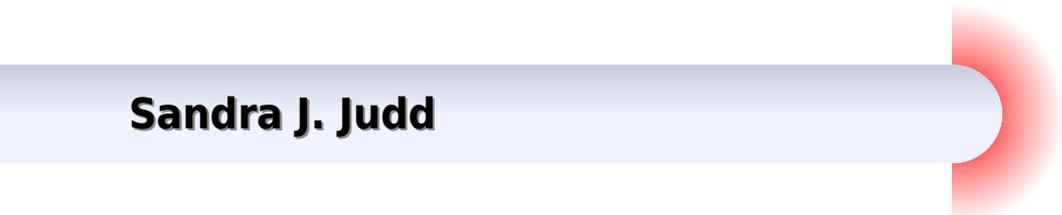
Avoid Drugs



Get Help

# Mental Health Tips How To

**Sandra J. Judd**



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