

# 10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

# Mental Health Tips In The Us

**Peipei Pang**



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web oct 19 2023 free hand simple rangoli designs refers to the method where designs are drawn without using any instruments stencils or specific measurements it s like freehand drawing or painting the artist relies purely on their creativity and hand coordination here s a breakdown 1 materials colored rice colored sand

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web oct 21 2022 choose the design you want to use rangoli can be made in any number of designs but whether you choose a simple or complex design most are symmetrical you can use a plant or animal for inspiration or you can create your own geometric design

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powders rice flour or flower petals easy rangoli design ideas now let s explore some effortless yet stunning rangoli designs  
flower petal rangoli create a circular outline and fill it with colorful flower petals

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web as part of the youtube originals creator spotlight series we present to you the story of the easy rangoli channel and the journey of suneetha its founder and creator as she transformed her