

TIPS FOR A GOOD MENTAL HEALTH



Be Active



Eat Healthy



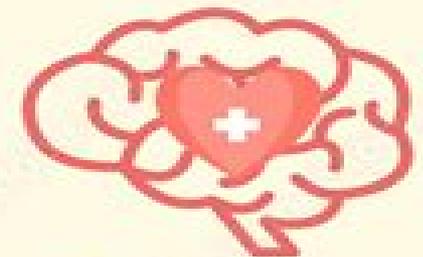
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Enough Sleep



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