

TIPS TO BOOST YOUR MENTAL HEALTH TODAY



START YOUR DAY WITH A GREEN TEA

Green tea is linked to lower rates of depression.



SHOW SOME LOVE TO SOMEONE IN YOUR LIFE

Close, quality, relationships are key for a happy, healthy life.



GO AHEAD AND YAWN ALL YOU WANT

Linked to improving alertness and mental efficiency.



WRITE DOWN ALL YOUR WORRIES

This will help you feel calmer and productive.



QUESTION YOUR LACK OF MOTIVATION

Reflect on where the dread is coming from.



TALK IT OUT WITH A FRIEND

Someone who understands you can help you feel more confident.



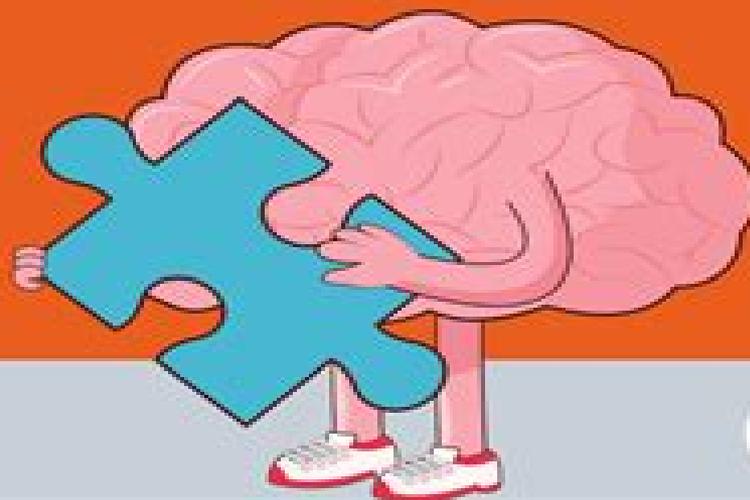
DON'T FORGET TO TREAT YOURSELF

A good breakfast or lunch will keep you feeling energised.



EASE UP ON MONDAYS

Delegate your work across the week instead.



Mental Health Tips Today Tutorial

TD Snyder



Mental Health Tips Today Tutorial:

Delve into the emotional tapestry woven by in **Mental Health Tips Today Tutorial** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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