

These 4 tips

# Will Help You Manage Your Mental Health

1.



## Plan daily mental health activities

Remember to refuel your brain and body with nutrition to keep them functioning.

2.



## Feel free to express yourself

Being prepared and planning your time helps you avoid being overwhelmed.

3.



## Manage stress proactively

The release of uncomfortable emotions can help you manage and maintain mental health.

4.



## Friendly with others

Humans are hardwired to desire meaningful connections with others.

# Mental Health Tips How To Store Hours

**C Cleary**



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