

# 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.



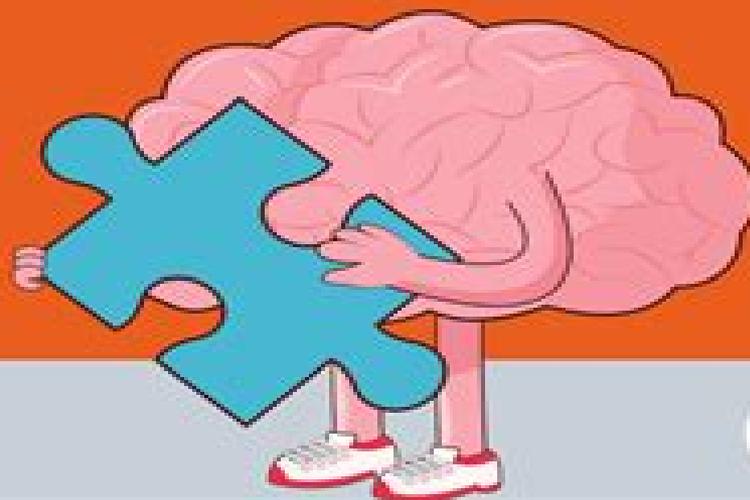
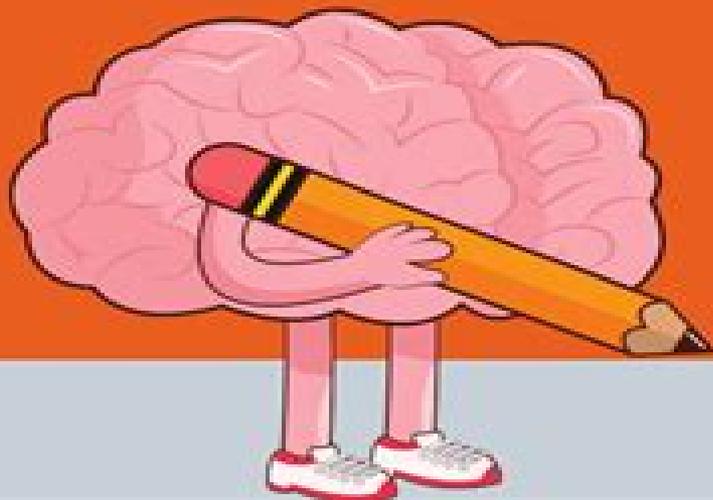
## DON'T FORGET TO TREAT YOURSELF

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

**N Colangelo**



## **Mental Health Tips Today Tutorial:**

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