

5

MENTAL HEALTH TIPS



Practice Mindfulness

Mindful meditation or deep breathing exercises to stay present and reduce stress.

Laugh

Watch a funny movie, read a humorous book, or spend time with people who make you laugh.



i honor my boundaries

Set Boundaries

Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

Learn Something New

Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.



THANKS

Gratitude

Regularly take a moment to reflect on things you're grateful for.

Mental Health Tips Tips Tutorial

William Josephus Robinson



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web more importantly these equations show the two special forms of these types of functions form equation uses standard form $y = ax^2 + bx + c$ simplified form vertex form $y = a(x - h)^2 + k$ transformations of parent function sketch graphs determine equation from a graph transformation effects when a quadratic function is given in the

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