

# 5 TIPS FOR Taking Care of Your Mental Health

Practice  
Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay  
Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough  
Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice  
Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support  
When Needed

Reach out to family, friends or mental health professionals when necessary.



# Mental Health Tips Discount Setup

**Karin Nielsen-Saines**



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**Crash Course in Library Services for Seniors** Ann Roberts, Stephanie G. Bauman, 2012-05-31 A comprehensive guide to creating dynamic successful and innovative library programs that cater to the specialized needs of older adults an important and growing user group Crash Course in Library Services for Seniors provides a refreshingly positive approach to working with older adults one that focuses on the positive effects of aging on patrons and the many opportunities that libraries can create for themselves by offering top notch services delivered with a concierge mindset The book offers page after page of great programming ideas specifically for reaching out to Baby Boomers and older customers a population that is predicted to double over the next 20 years Organized in only six chapters this easy to read book provides practical suggestions for making any library a welcoming place for older adults covering topics such as assessment planning programming services marketing and evaluation This title will be invaluable to public librarians interested in expanding and improving their current programming for older adults within their community and for those looking to create entirely new programming for seniors *Namh Reporter* ,1960 **Promoting self-help with educational programs** University of North Carolina (1793-1962). Division of Community Psychiatry,1973 Parliamentary Debates (Hansard). Great Britain. Parliament. House of Commons,2003 **Corrections Magazine** ,1981 *C/O: Journal of Alternative Human Services* ,1978 Applied Perspectives on Help-Seeking and -Receiving Arie Nadler,Jeffrey D. Fisher,Bella M. DePaulo,1983 **Supplement ... to Women of Europe** ,1979 **Women in Spain** Claudia Ottolenghi,1981 **New Directions in Helping: Applied perspectives on help-seeking and -receiving** Jeffrey D. Fisher,Arie Nadler,Bella M. DePaulo,1983 Proceedings National Conference on Social Welfare,1920 **The Social Welfare Forum** National Conference on Social Welfare,1920 **Proceedings of the National Conference of Social Work at the ... Annual Session Held in ...** National Conference of Social Work (U.S.). Annual Session,1919 *The Monthly Homoeopathic Review* ,1878 **The British Homoeopathic Review** ,1878 Hospital Social Service Quarterly ,1928 **The Medical Officer** ,1971 Hospital Social Service ,1928 **The Texas Outlook** ,1955 **Spare Rib** ,1978

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