

# Tips For Taking Care Of Your MENTAL HEALTH



Talk To Someone You Trust



Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On  
The World Around You



Tell Yourself That Everything  
Will Be Fine

# Mental Health Tips In The Us

**Marcia Stanhope, Jeanette Lancaster**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

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