

# 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 Lowes 2025

**M Mark**



## **Mental Health Tips Lowes 2025:**

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Human Care Services Directory of Metropolitan Chicago, 1986

Who's Who of American Women, 1983

Subject Guide to Books in Print, 2001

The Standard Periodical Directory, 2003

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