

# 5

SELF-HELP TIPS FOR YOUR

## MENTAL HEALTH TOOLKIT

- 1 Take a step back and gain perspective
- 2 Go on a walk or change your environment
- 3 Enjoy healthy escapism through reading
- 4 Try a new hobby
- 5 Advocate for yourself

*Vanessa Kingson*

# Tips Self Help

**Jessica J Manson**



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lying between two rivers the risle to the west and the iton to the east the baroque château du champ de bataille was built by alexandre de créquy bernieulle between 1653 and 1665 facing an ornamental lake the main building is in the style of louis le vau architect of versailles whilst the interiors date from the eras of louis xiv

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the will of jacques garcia has always been to inscribe battlefield in a moment of eternity the plants give the palace a full dimension these large gardens inspired by greco roman antiquity show an obvious spirituality the name champ de bataille comes from a legend that says that a large battle took place here

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chef d œuvre d architecture du 17<sup>e</sup> siècle champ de bataille est un fleuron de la france c est au frondeur alexandre de créqui que l on doit sa création c est en 1651 qu est posée la première pierre du château du champ de bataille par le comte

alexandre de créqui

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jun 8 2022 the château du champ de bataille is a baroque castle in the countryside of france s neubourg region nestled between the risle and iton rivers the château is famous for its vast gardens and luxurious interiors the castle was built in

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le domaine du champ de bataille avec ses 45 hectares de parc son château inspiré des chefs d œuvre de le vau et ses collections historiques exceptionnelles le château du champ de bataille est à juste titre surnommé le versailles normand par le public

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das schloss le champ de bataille steht zwischen le neubourg und sainte opportune du bosc im département eure in der normandie im norden frankreichs inmitten der sogenannten campagne du neubourg die im westen durch den fluss risle und im osten durch den fluss iton begrenzt wird erste teile der anlage stehen seit mai 1952 als monument

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