



The Well Being Lady

Top 10 Tips For Mental Health And Wellbeing

Let's keep it simple!

#1

Put yourself and your needs higher on your agenda.

#2

Look out for signs that friends, family and colleagues need support.

#3

Put inhibitions aside and speak out when issues arise.

#4

Find your passion and do more of what makes you happy.

#5

Get enough rest; address underlying causes of lack of rest.

#6

Seek healthier food that you love. Eat more of it.

#7

Find exercise that you find fun. Do more of it.

#8

Make connections with likeminded people. Be brave and take the first step.

#9

Spend time in nature and undertake other mindful practices.

#10

Develop a positive mindset, go with the flow and have an attitude of gratitude.

Mental Health Top

Robert B. Hackey, David A. Rochefort

Mental Health Top:

Ignite the flame of optimism with its motivational masterpiece, **Mental Health Top** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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