

# Top 10 tips to Improve Mental Health



**Deep  
Breathing**



**Exercise**



**Quality  
Sleep**



**Mind with  
Kindness**



**Social  
Connection**



**Embrace the  
light (Vit.D3)**



**Creativity**



**Attitude of  
Gratitude**



**Less Use of  
Technology**



**Therapist**

# Top Mental Health

**K Payea**



## **Top Mental Health:**

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