

# 10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

# Mental Health Tips

**AW Rasmussen**



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write the balanced equation for this reaction  $\text{NH}_3(\text{aq}) + \text{HCl}(\text{aq}) \rightarrow \text{NH}_4\text{Cl}(\text{aq})$  2 in addition you will be verifying this by doing two other  
reactions which add up to the reaction above write balanced equations for these

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