

10 WAYS YOU CAN IMPROVE YOUR MENTAL HEALTH TODAY



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02



Take a break from technology. Switch off from social media

01



Try and eat a well balanced diet throughout the day

10



Stay in the present moment and focus on one thing at a time

03



Engage in some fun exercise for 30 minutes. It is great for boosting mood and reducing anxiety

04



If you are feeling anxious or low then try speaking to a friend or family member about how you are feeling

05



Write down 3 good things that you have achieved today

06



Make sure you are getting a good nights sleep

07



Practice some self care. Take a break, have a bath or go for a walk. Do something for yourself

09



Challenge your negative thoughts in a thought diary

08



Engage in some deep breathing or progressive muscle relaxation



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Jiyuan Zhang



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