# 5 MENTAL HEALTH TIPS



# **Practice Mindfulness**

Mindful meditation or deep breathing exercises to stay present and reduce stress.

# Laugh

Watch a funny movie, read a humorous book, or spend time with people who make you laugh.





# **Set Boundaries**

Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

# **Learn Something New**

Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.





# Gratitude

Regularly take a moment to reflect on things you're grateful for.

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Massachusetts. Department of Mental Health

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