

# DAILY MENTAL HEALTH PRACTICES:

- Breathe intentionally.
- Practice gratitude.
- Be real with those you trust.
- Ask for help when you need it.
- Take care of your body.
- Have downtime away from technology.
- Set boundaries & say "no."
- Give yourself grace.
- Celebrate your wins.

# Act Practice Mental Health Tips Same Day Delivery

**VM Jensen**



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