

Tips to care for your **MENTAL HEALTH**



Talk to
someone
you trust



Take care of
your physical
health



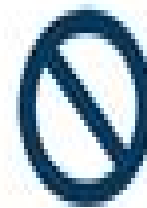
Focus on your
surroundings
for two
minutes



Do activities
you enjoy



Tell yourself
that everything
will be fine



Don't be
afraid to say
"No"

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J Ma



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