

HERE ARE 4 TIPS TO HELP YOU **Manage mental health**

Make a mental health plan for each day

Keep your brain and body functioning by refueling them with nutrition.

Let your feelings be known

In order to maintain mental health, you may need to release uncomfortable emotions.

Proactively manage your stress

You can avoid being overwhelmed if you are prepared and plan your time.

Positive attitude toward others

The desire to connect with others is hardwired into human nature.

Sat Practice Mental Health Tips Deal

Michael Rajnik



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