Tips to care for your

MENTAL HEALTH



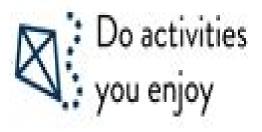
Talk to someone you trust



Take care of your physical health



Focus on your surroundings for two minutes





Tell yourself that everything will be fine



Don't be afraid to say "No"

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Peter Howson

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