



# Top **10 Tips** On How To Improve Your Mental Health

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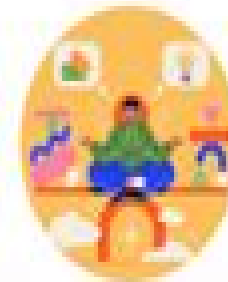
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Exercise



Prioritize Sleep



Practice Self-Love And Avoid Self-Loathing

# [Mental Health Tips Top](#)

**Bertie Charles Forbes**



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