10 Things You Can Do for Your Mental Health

1. Value Yourself

More

Scan me
10 Things You Can Do for Your Mental Health

2. Take Care of Your Body
10 Things You Can Do for Your Mental Health

3. Surround Yourself with Good People
10 Things You Can Do for Your Mental Health

4. Volunteer
5. Learn How to Deal with Stress
10 Things You Can Do for Your Mental Health

6. Quiet Your Mind
10 Things You Can Do for Your Mental Health

7. Set Realistic Goals
10 Things You Can Do for Your Mental Health

8. Break up the Monotony
9. Avoid Alcohol & Other Drugs
10. Get Help When You Need It