

5

SELF-HELP TIPS FOR YOUR

MENTAL HEALTH TOOLKIT

- 1 Take a step back and gain perspective
- 2 Go on a walk or change your environment
- 3 Enjoy healthy escapism through reading
- 4 Try a new hobby
- 5 Advocate for yourself

Vanessa Kingdon
personally living

Tips Self Help

Lei Shi

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'Lei Shi' text.

Tips Self Help:

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