# (5)

## SELF-HELP TIPS FOR YOUR

# MENTAL HEALTH

## TOOLKIT

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

Vanessa Kingson

# **Tips Self Help**

## **Anna Borges**



Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Tips Self Help**. This immersive experience, available for download in a PDF format (Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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