

# MENTAL HEALTH TIPS

## Daily dose of self-care

### Limit Screen Time

Set healthy boundaries for daily screen time and remember to take regular breaks to rest your mind.



### Get closer to nature

Take a walk in the nearest park. Get away from the high and bustling streets into the quiet and serenity of nature.



### Get Regular Exercise

Incorporate physical activity into your routine. Exercise releases endorphins, which can enhance your mental well-being.



### Get sufficient sleep

Getting enough rest allows your body to fully reset and reenergize for the next day. So make sure u get at least 8 hours of sleep daily!



### Talk to someone for support

Talking with friends or family can provide support and boost your mood. Health Hub hotlines are also always available!



Need someone to talk to or want to learn more?  
Scan here.

