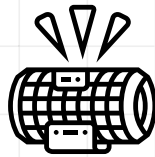


HOME MENTAL HEALTH TIPS



Play music.



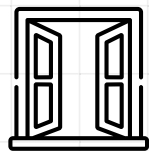
**Take a walk or
bike ride.**



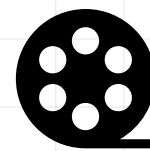
**Shower and wear
clean clothes.**



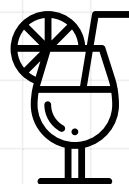
**Call at least one
friend a day.**



**Open all shades
and curtains.**



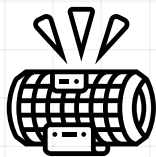
**Schedule
movie time.**



**Drink water from
a fancy cup.**

HOME MENTAL HEALTH TIPS

@icanhelp @work2bewell



Play music.



HOME MENTAL HEALTH TIPS



Take a walk or
bike ride.

@icanhelp @work2bewell



HOME MENTAL HEALTH TIPS

@icanhelp @work2bewell



Shower and wear
clean clothes.



WELL
BEING
TRUST



HOME MENTAL HEALTH TIPS

@icanhelp @work2bewell

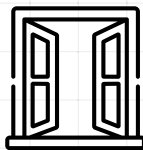


Call at least one
friend a day.



HOME MENTAL HEALTH TIPS

@icanhelp @work2bewell

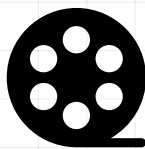


Open all shades
and curtains.



HOME MENTAL HEALTH TIPS

@icanhelp @work2bewell

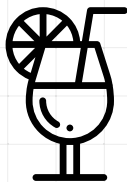


Schedule
movie time.



HOME MENTAL HEALTH TIPS

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Drink water from
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