

# HOME MENTAL HEALTH TIPS



Play music  
all day.



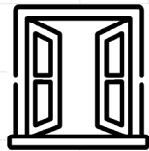
Take a walk or  
bike ride.



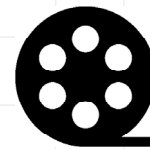
Shower and wear  
clean clothes.



Call at least one  
friend a day.



Open all shades  
and curtains.



Schedule  
movie time.



Drink water from  
a fancy cup.

Content Provided By:



WELL  
BEING  
TRUST



Providence

Work2BeWell

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@icanhelp

@work2bewell



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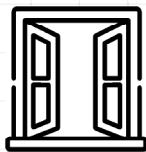
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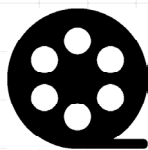
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