

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 Kingson

Tips Self Help

Daniela Niemeyer



Tips Self Help:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Tips Self Help** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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