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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 Kingdon
personally living

Tips Self Help

**John C. Norcross Ph.D., Linda F.
Campbell Ph.D., John M. Grohol
PsyD, John W. Santrock Ph.D., Florin
Selagea M.S., Robert Sommer Ph.D.**

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