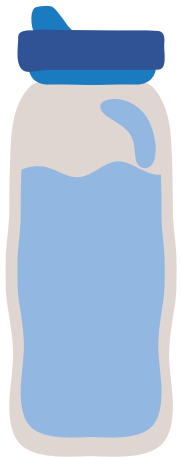


Things good for your mental health!



Drink enough Water



Aromatherapy



Read a book

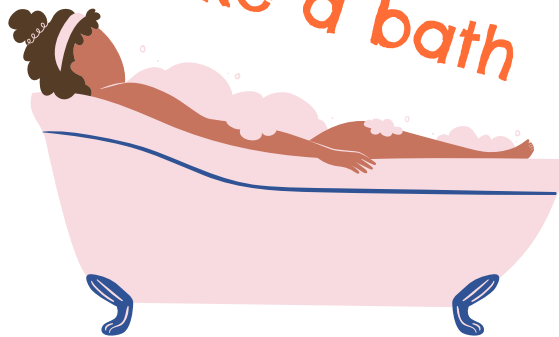


Exercise

Cook a nice meal



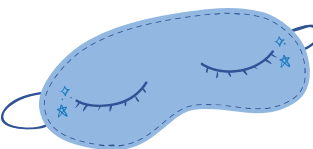
Take a bath



Listen to music



Have a cuppa

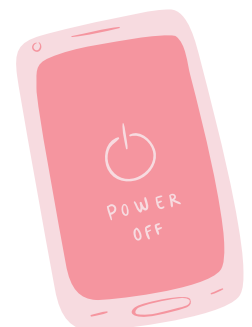


Get a good night sleep



Meditate

Journal



Limit screen-time