

# 18 Mental Health Activities for Effective Self-Care

1. Exercise
2. Spend time in nature
3. Do some gardening
4. Start Journaling
5. Practice deep breathing
6. Drink coffee or tea
7. Take hot or cold bath
8. Grab a book
9. See a friend
10. Talk to a therapist
11. Do something new
12. Clean or organize
13. Get a massage
14. Play with a pet
15. Meditate
16. Do some art
17. Laugh!
18. Practice gratitude



# Good Health Do It Yourself

**SA Adler**



**Good Health Do It Yourself:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Good Health Do It Yourself** . 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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