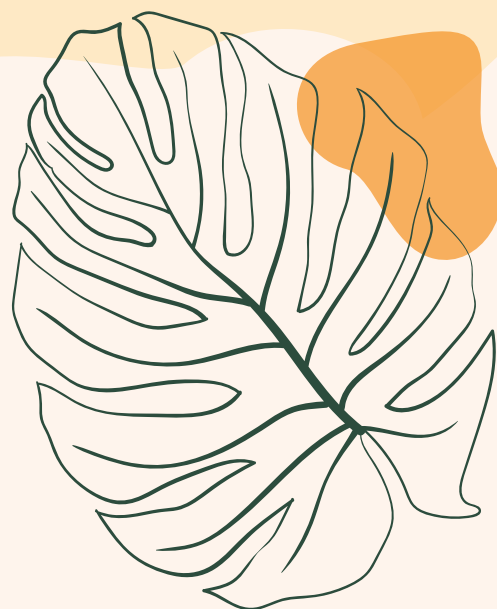


Boost Your Mental Well-Being Today!



Mind Exercises

- Journaling to express thoughts and emotions.
- Puzzles and brain games to stay mentally active.
- Practice gratitude and positive affirmations.



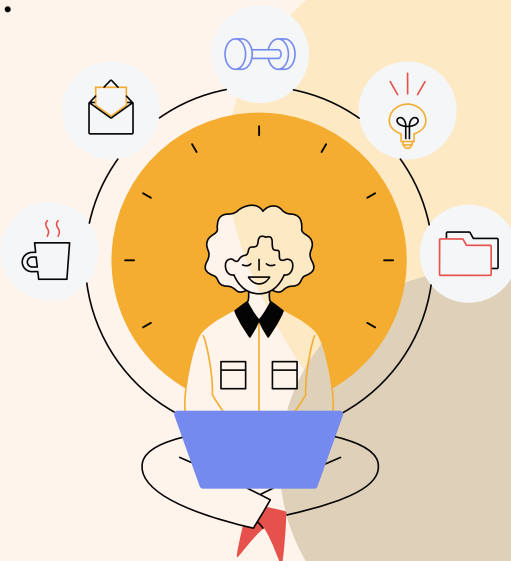
Exercise & Yoga



- Yoga positions: Child's Pose, Cat-Cow Stretch, and Warrior II.
- Practice light cardio like walking or cycling for 30 mins daily.

Daily Lifestyle

- Maintain a balanced daily routine with work, rest, and hobbies.
- Set achievable goals and prioritize self-care.



Nutrition

- Eat a balanced diet rich in fruits, vegetables, and whole grains.
- Avoid excessive caffeine and sugar.
- Prioritize balanced meals and hydration.



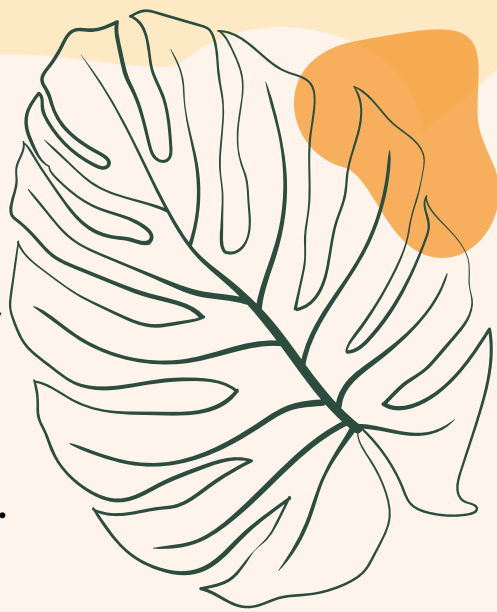
Take the first step to prioritize your mental health today. You're not alone!



Books & Articles



- The Happiness Trap by Russ Harris.
- Brain Lock by Jeffrey M. Schwartz.
- Online articles on coping strategies for anxiety and OCD.



Hobbies & Activities

- Painting, music, and creative writing.
- Gardening or taking care of house plants.
- Engaging in community service or volunteer work.

Professional Satisfaction & Structure

- Maintain work-life balance by setting boundaries
- Take short breaks during work to avoid burnout.
- Organize tasks using planners or productivity tools.



CBT Techniques to Incorporate



- Challenge irrational thoughts with logical reasoning.
- Gradual exposure to feared situations in a controlled manner.
- Practice relaxation techniques like progressive muscle relaxation.

