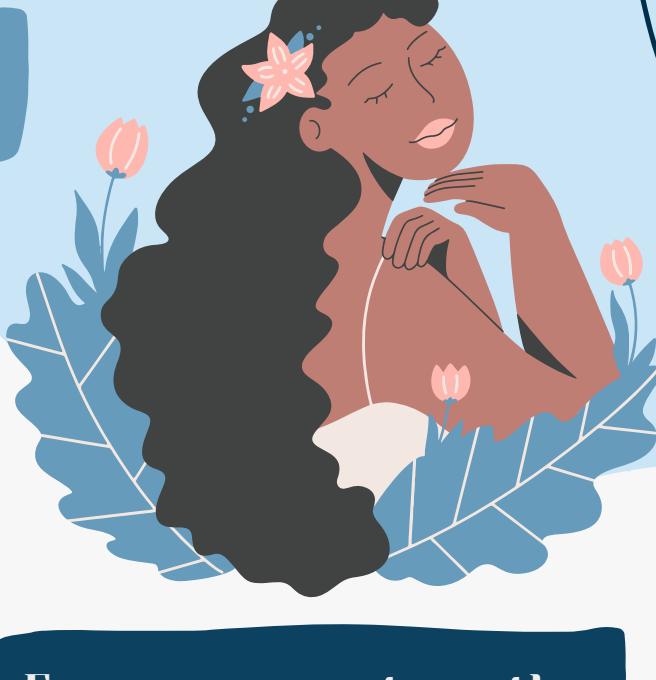


How to have good Mental Health

Build Self-Esteem

Practice self-love and repeat daily affirmations. Worrying will only ruin your mood.



Focus on your strengths

In times of self-doubt, try focusing on your strength that help you through tough times.



Practice self-affirmation

Write down every admirable quality that you like about yourself.



Meditate

When you're overly stressed, try meditating for 5 minutes to calm down your thoughts.



Take time for yourself

Engage in self-care activities. Try taking a day off to rest and recharge.



Get enough sleep

A healthy night's sleep is crucial. It will benefit your physical and mental health tremendously.

Need Help?

TALK TO US!

BRGY. WAWA TAGUIG

CITY HEALTH CENTER

FOR CONSULTATION

No. 0012345667

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• HOW IT FEELS TO HAVE

Anxiety and Stress



You Cannot Focus

Practice mindfulness techniques, such as deep breathing or meditation, to improve focus and reduce distractions.



You Worry too much

Seek professional help from a psychologist or therapist for guidance and support in managing and overcoming worries.



You Feel Sad

Prioritize self-care by getting enough sleep, eating well, and engaging in regular exercise to boost mood and well-being.



You Get Mad Easily

Challenge negative thoughts using cognitive-behavioral techniques and replace them with more positive and realistic perspectives.

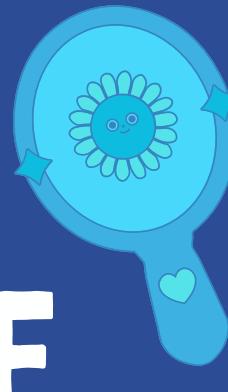


Being Unable to Focus on Anything

Establish a daily routine to provide stability, structure, and enhance your ability to focus on tasks effectively.



5 WAYS TO TAKE CARE OF YOURSELF



EAT WELL

Make sure to eat a variety of nutritious foods that provide your body with the necessary vitamins and minerals.



GET REGULAR EXERCISE

Just 30 minutes of walking every day can help boost your mood and improve your health.

GET ENOUGH SLEEP

Aim for 7-9 hours of quality sleep each night. A good night's sleep is essential for your body's recovery and mental health.



MANAGE STRESS

Implement stress management techniques such as meditation, deep breathing exercises, yoga, or journaling.



SET AND PURSUE GOALS

Have goals and aspirations that give your life purpose and direction. Achieving small milestones can boost your self-esteem and sense of accomplishment.



Good job!!

Remember, self-care is essential for maintaining your physical and mental well-being, and it's important to prioritize taking care of yourself in your daily routine.

Need Help?

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