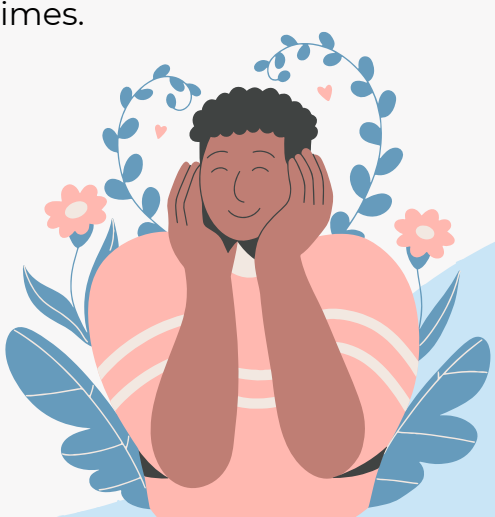
How to have good
Mental Health

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.