

Tips for Maintaining

MENTAL HEALTH

A decorative illustration of pink flowers with green leaves, positioned on the left side of the page, partially overlapping the title area.

EXERCISE

Regular exercise can increase self-confidence and help us concentrate and maintain mental health.

MAINTAIN NUTRITIONAL INTAKE

A well-balanced diet is essential for maintaining mental health, and there is a strong connection between what we eat and how we feel.

LEARN HOW TO DEAL WITH STRESS

Throughout life, we encounter stress, so it's important to learn effective ways to manage it.

COMMUNICATE WITH OTHERS

Keep in touch with others, especially those we love to maintain a strong relationship.

LEARN NEW SKILLS

Research shows that learning new skills can enhance mental health.