

Ways To Promote Mental Health

Practice yoga and meditation



Be positive. Have a good work - life balance

Sleep well



Stay away from tobacco, alcohol and addictive substances

Keep active & engage in recreational activities



Talk about your feelings

Ask for help. There is nothing wrong with it.

#MentalHealthMatters #YouMatter | Mental Health Care Act, 2017



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Visit : www.mohfw.nic.in for further details

