WHAT IMPROVES OVERALL PSYCHOLOGICAL HEALTH?

To further develop and enhance it, you can rely on the following tips and implement them in your daily lives:



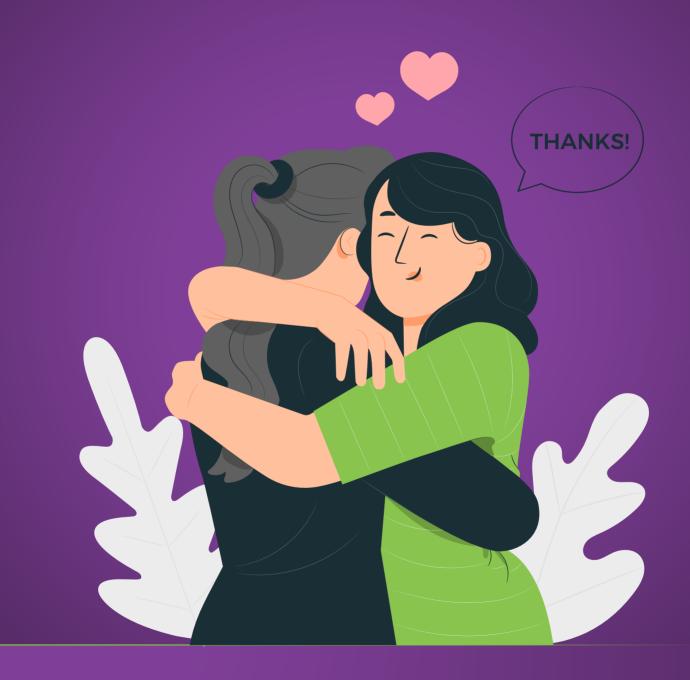




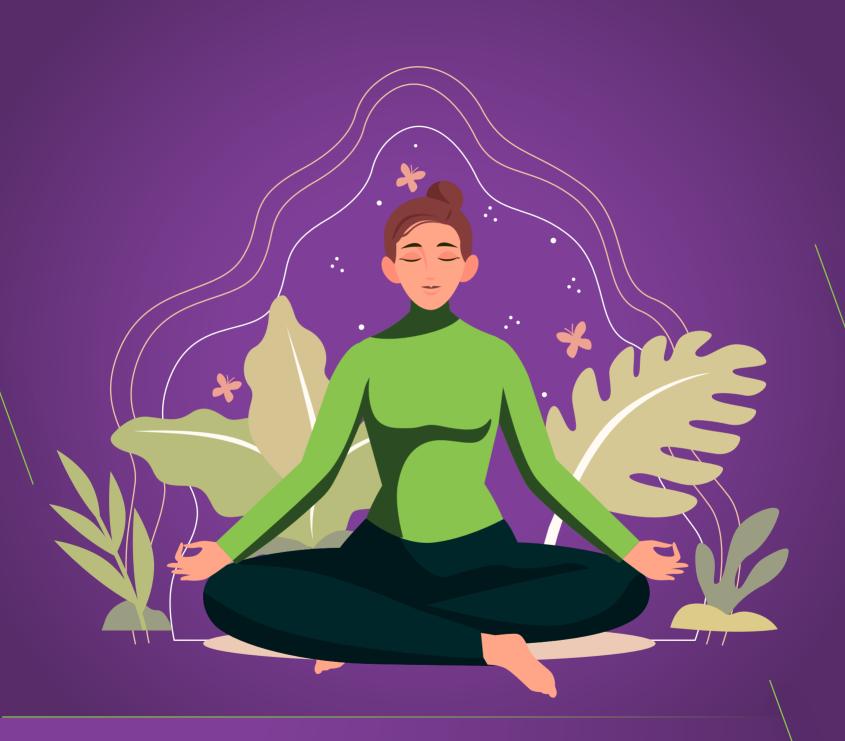








PRACTICE GRATITUDE



PRACTICE MINDFULNESS AND MEDITATION



LOOK AFTER YOUR PHYSICAL HEALTH



SOCIALIZE WHENEVER POSSIBLE



DEVELOP A PURPOSE IN LIFE.

GET IN TOUCH TO KNOW MORE:





