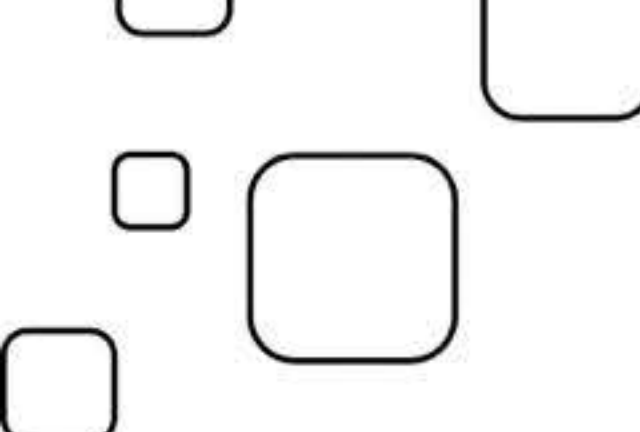




SLEEP / REST

DIET

**STRESS
MANAGEMENT**

**HOW CAN WE IMPROVE OUR
MENTAL HEALTH?**



ACTIVITIES

MOVEMENT

