



Tending to Your Mental Well-being

Here are five basics tips for protecting your mental health:

1. Practice regular self-care.
2. Journal daily.
3. Stay connected with others.
4. Relax and unwind.
5. Practice self-compassion.

Click [here](#) for more tips.

Source:
<https://www.psychologytoday.com/us/blog/rethink-your-way-the-good-life/202001/20-ways-protect-your-mental-health>.

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