

Build on your abilities, accept your weaknesses and do the best with what you have.

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Eat a **balanced diet** and keep
fit with daily
exercise.

Find a sense of purpose and satisfaction by volunteering.

8.4

Mental Health Boosters

Spend time with family and friends who are positive and good-natured.

Defeat financial problems:

Give support

to others:

show of appreciation

and graciously accept

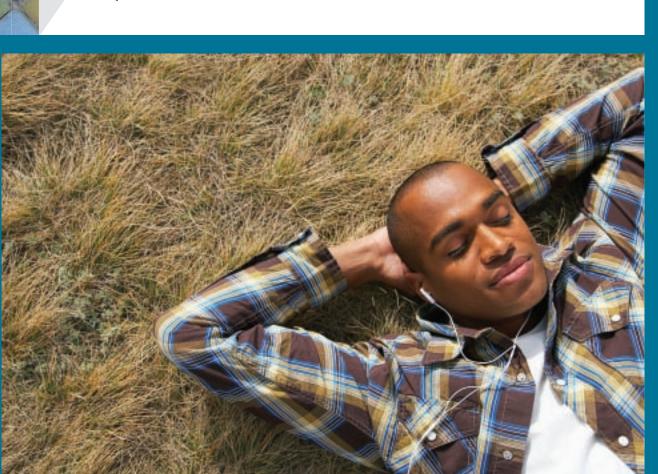
it if it's for you.

Offer a smile or a

Distinguish between wants and needs, and live on a budget.

Find strength
among others
who have had
life experiences
similar to yours.

Get in touch with your feelings, and find positive ways to channel negative energy.



Live with a healthy work/life balance, and then learn to be at peace with yourself.

Lighten your load by saying "no" to the nonessential and asking for help.