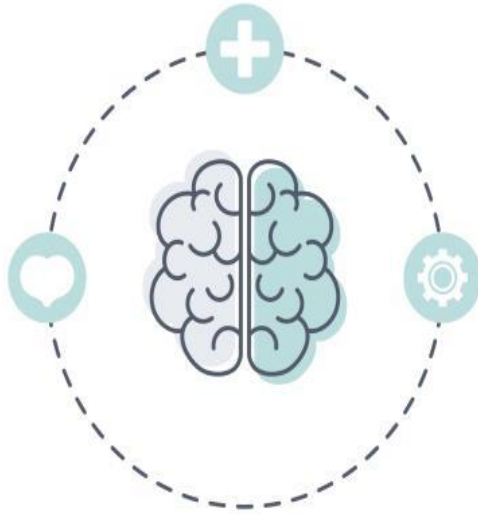


# Improve mental health



How can I  
improve my  
mental health?





“Gratitude and attitude are not challenges;  
they are choices.”

- Robert Braathe



What was the best thing that happened  
to you recently?

Today I'm grateful for  Date:  /  /

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Today I'm grateful for  Date:  /  /

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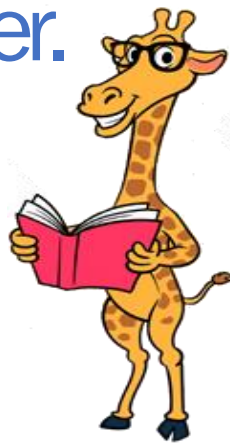
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Try not to watch too much negative TV shows. Watch funny programs instead to make you laugh. It will help make you feel happier.



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Find 7 differences

