

10 TIPS for Mental Fitness



**Schedule
"me-time"
daily**

1



**Establish
personal
goals**

2



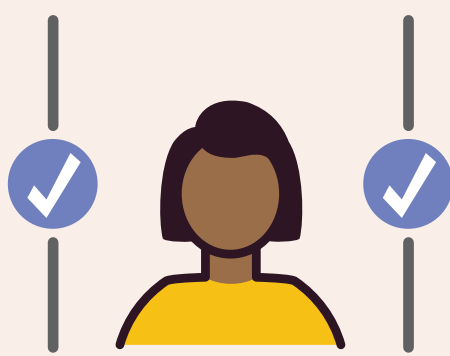
**Give and accept
support from
family and friends**

3



**Create a realistic
financial budget**

4



**Set healthy
boundaries**

8



**Enjoy
hobbies**

7



**Learn
to laugh**

6



**Express yourself
to release tension**

5



**Get regular
physical activity**

9



**Learn to be
at peace
with yourself**

10

