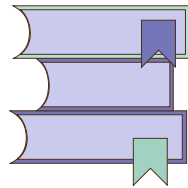




PRIORIZE SUA SAÚDE MENTAL



Coloque-se em primeiro lugar



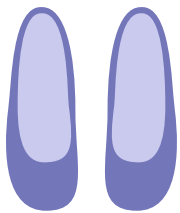
Tenha um diário de gratidão



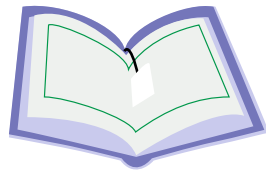
Consuma menos açúcar



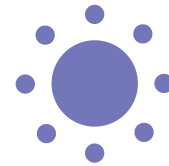
Hidrate-se



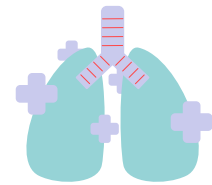
Dê uma caminhada



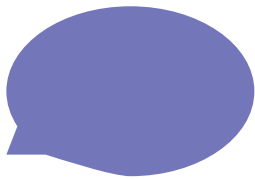
Leia



Tome sol



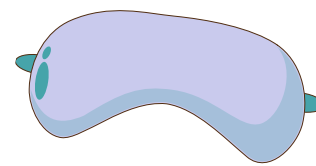
Respire conscientemente



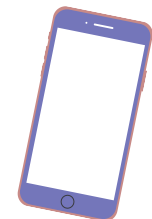
Consulte um terapeuta



Crie uma lista de qualidades



Tenha uma rotina de sono



Desligue o seu celular