

CLEARING YOUR MIND

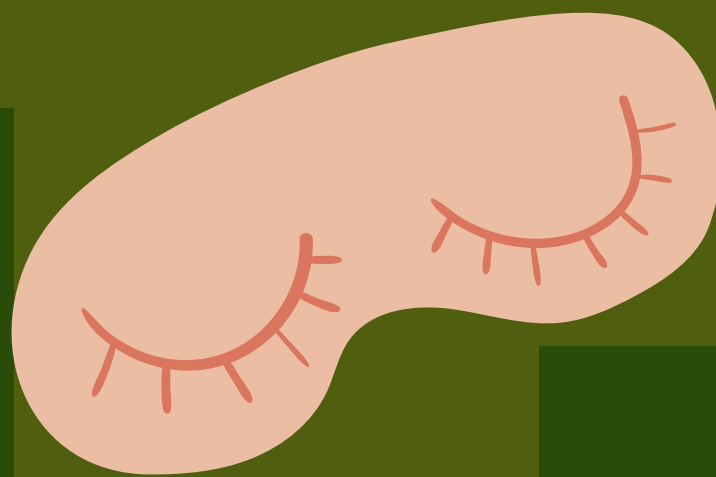


Spend time outdoors in the sunshine

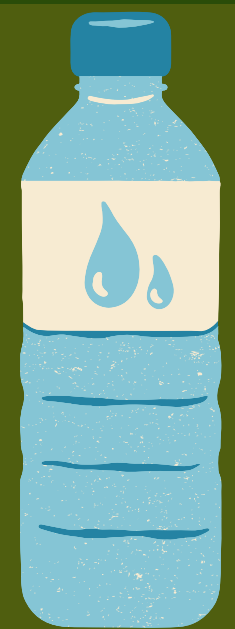


Unfollow negative accounts on social media

Learn to rest when you get tired



Drink plenty of water and stay hydrated



Make lists of things that are going well for you



Clean and declutter your personal space

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