



10 COMMANDMENTS OF MENTAL HEALTH

1. Think positively; it's easier
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances your well-being
6. Do not complicate your life unnecessarily
7. Try to understand and encourage those around you
8. Do not give up; success in life is a marathon
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams



LÝÐHEILSUSTÖÐ
- lifa heil

Gedraekt