



Resources - Take Time Exercise

- <https://www.mentalhealth.org.uk/publications/how-to-mental-health>
- <https://www.mhanational.org/31-tips-boost-your-mental-health>
- <https://childadolescentpsych.cumc.columbia.edu/articles/11-tips-mental-health-well-being>
- <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>