



## Resources – Self-awareness

- <https://uhs.umich.edu/tenthings>
- <https://medlineplus.gov/howtoimprovementalhealth.html>
- <http://www.bcmhsus.ca/about/news-stories/stories/10-tips-to-boost-your-mental-health>
- <https://www.onecentralhealth.com.au/mental-health/10-tips-for-improving-your-mental-health/>
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>
- <https://www.bbrfoundation.org/blog/everyday-mental-health-tips>
- <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>