5 tips for taking care of your *mental health*

🖐 Talk to someone you trust

🖐 Take care of your physical health

🖐 Do activities that you enjoy

🖐 Take time to focus on the world around you

🖐 Tell yourself that everything will be fine

Learn more:
Center on the Developing Child ~ Harvard University
ZERO TO THREE

FIRST 5 ORANGE COUNTY

Start Well
Mental Health Consultation
for Early Care and Education

Be Well
ORANGE COUNTY