



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**