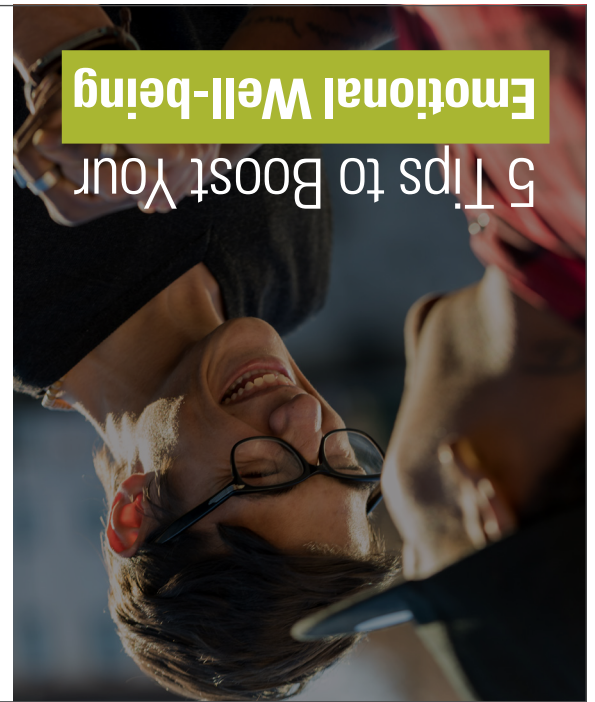


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5 Tips to Boost Your Emotional Well-being

To bolster your emotional well-being, consider these five tips:

1. Make time for whatever makes you smile.
2. Practice gratitude and lend a hand to spread positivity.
3. Get outside—vitamin D releases mood-boosting compounds in your brain.
4. Alleviate sluggishness by choosing colorful fruits and veggies, lean protein, and high-fiber carbs.
5. Surround yourself with people who are supportive of the best version of you.

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