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www.HowAnyoneCan.co.uk

3 STEPS TOWARDS A BETTER MENTAL & PHYSICAL HEALTH FREE RESOURCE GUIDE

Step 1:

Come off all your social media; allow yourself a digital break.

Step 2:

Limit your phone time to 2 hours a day; start that timer.

Step 3:

Go for a daily 30 minute walk in nature.

Take these simple, evidence-based steps towards an improved mental & physical health.

THAT'S IT!

Studies are included below for those who want to read up more on the subjects.





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1. The Negative Effects of Excessive Social Media Use:

https://www.researchgate.net/publication/381565021_The_Negative_Effects_of_Excessive_Social_Media_Use

2. Excessive Smartphone Use is Associated with Depression, Anxiety, Stress and Sleep Quality:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10587281/>

3. Effects of Outdoor Walking on Positive and Negative Affect: Nature Contact Makes A Big Difference:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9206539/>

Use coupon code '3STEPFREEBIE' for a free introductory trauma-processing session worth £100.00 in our online therapy room in Bracknell, Berkshire.

Redeemable at www.RecoverFromTrauma.co.uk

One code and session per client.

Cannot be combined with any other offers or promos.

