

SIGNS FROM OUR BODY WHEN WE NEED SELF-CARE

bring
change
to mind

EMOTIONALLY

- Difficulty concentrating
- Emotions on “high alert”
- Lost motivation
- Disinterest in things you enjoy
- Isolating yourself

PHYSICALLY

- Body aches or pains
- Poor sleep
- Blurred vision
- Overeating or loss of appetite
- Constant tiredness

SELF CARE

SELF-CARE RESET IDEAS

MIND

- Asking for help
- Taking a break
- “Unplugging”
- Saying “no”



BODY

- Going for a walk
- Playing a sport
- Taking a nap
- Letting yourself cry



SPIRIT

- Journaling
- Listening to music
- Human connection
- Deep breathing



SELF-CARE IS DIFFERENT FOR EVERYONE!

Who Do You Go To...



For **EMOTIONAL
SUPPORT** or
encouragement?

For **PRACTICAL
SUPPORT** or help
completing a task?



For **SOCIAL
SUPPORT** where you
feel like you belong?



For **INFORMATIONAL
SUPPORT** like advice,
suggestions or info?



BREATHE AND DESTRESS

In moments when you feel overwhelmed, try this quick coping strategy! It takes only a minute and can help ground you.

- 5 Name **5** Things You Can **See**
- 4 Name **4** Things You Can **Touch**
- 3 Name **3** Things You Can **Hear**
- 2 Name **2** Things You Can **Feel**
- 1 Name **1** Thing You Can **Taste**

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“NORMATIVE”

Racing
Thoughts

Heart
Pounding

Muscle
Tension

Butterflies
in your
Stomach

Sweating

Easier to
“flip your lid”

Difficulty
Sleeping

Flashbacks

Physical
Pain

Risky
Behavior

Isolating
yourself

TIME TO GET HELP



HOW TO BUILD RESILIENCE

RESILIENCE: HOW WE “BOUNCE BACK” AFTER SOMETHING CHALLENGING.



WHY & HOW WE RESPOND TO STRESS

Life happens, recognizing when we need to take a breath or ask for help is the first step!

BUILDING A SUPPORT NETWORK

You don't have to cope alone. It's okay to ask for help or support!

USING COPING SKILLS

When we feel stressed, burnt out or overwhelmed what are a couple ways you can re-regulate yourself?



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**Mental
health is
just as
important
as physical
health!**

END THE STIGMA!



MENTAL HEALTH MATTERS
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