### SIGNS FROM OUR BODY WHEN WE NEED SELF-CARE



#### **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

# SELFCARE

#### **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.



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



ORMA7/
Racing
Thoughts

Heart Pounding

Butterflies in your Stomach

Muscle Tension

Sweating

Easier to "flip your lid"

Flashbacks

Difficulty Sleeping

Physical Pain

Isolating yourself

Risky Behavior

ME TO GES

bring change tomind P N S

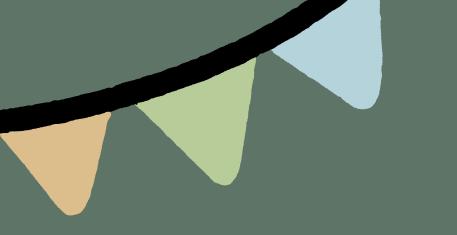
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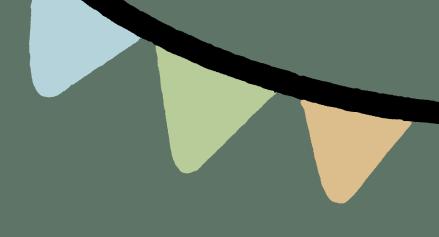
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## HOW TO BUILD RESILIENICE

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?



# Mental healthis iust as meortant as physical health

END THE STIGMA!



# MENTAL HEALTH MATTERS MENTAL HEALTH MATTERS MENTAL HEALTH MATTERS MENTAL HEALTH MATTERS MENTAL HEALTH MATTERS

