

For all of us today to keep our mind and body healthy.

As we greet each day with new changes and recommendations for taking care of our health, it is important to remain calm and recognize there are some things we do and don't have control over. Therefore, focus on things you can control and make sure the steps you're taking are positive actions.

Some tips for managing your own mental wellbeing;:

1. Make a conscious effort to find the positive side in everything. When you hear a negative, say something positive.
2. Express your feelings to someone or in some way that is healthy. Everyone reacts differently to stressful situation. Talking to a family member or friend, drawing, journaling, meditating, and or exercise will help.
3. Focus on making yourself and others laugh. This will help with moments of loneliness and or frustration you maybe experiencing.
4. Limit the amount of social media and news you are listening too. Instead replace that time with listening to music that will lift you up. Maybe even dance a little.
5. Check in on a neighbor or a loved one who may need support. This creates positive community and compassion.

However, if over days and weeks your distress or stress symptoms are escalating or you feel you are not coping, help and professional support is available.

Suicide Prevention Network can help if you need to talk! We are in this together! Please give our office a call if you have questions or concerns. 775-783-1510.

