

# 1<sup>st</sup> Aid for your Mental Health

Small things for stressful moments

Brought to you by

We hope you find it helpful.

[mcpc@lifeways.org](mailto:mcpc@lifeways.org)



We all deserve to have the tools to care for ourselves. This is a reminder, that we can do small things throughout our day to help us when we are feeling overwhelmed.

Here are some ideas.

~Reach out to someone for support-Text or call a friend or family member and share how you've been feeling.

## ~5 senses grounding exercise

5. Look around you, and name 5 things you can see.
4. Be aware of sensations, name 4 things you can feel.
3. Listen carefully, name 3 things you can hear.
2. Name 2 things you can smell.
1. Imagine the taste of your favorite food.

Now take a deep breath and if you are ready return to the task at hand or take a longer break if needed.

~Changing your surroundings can be like hitting the reset button. Go for a walk, sit outside, take a bath, go into another room, clean something, put on music, and dance!

## ~Need support right now?

**Text HOME to 741741**

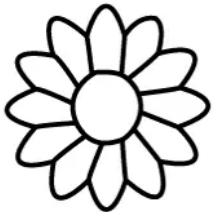

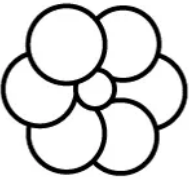
to reach the crisis text line

**or call 988**

to reach the Suicide Prevention Lifeline

**Teens can text 839863** to connect with a peer for support of any kind.

Remember, you are enough, you are worthy, and you are loved!



You are ENOUGH



You are WORTHY



You are LOVED

