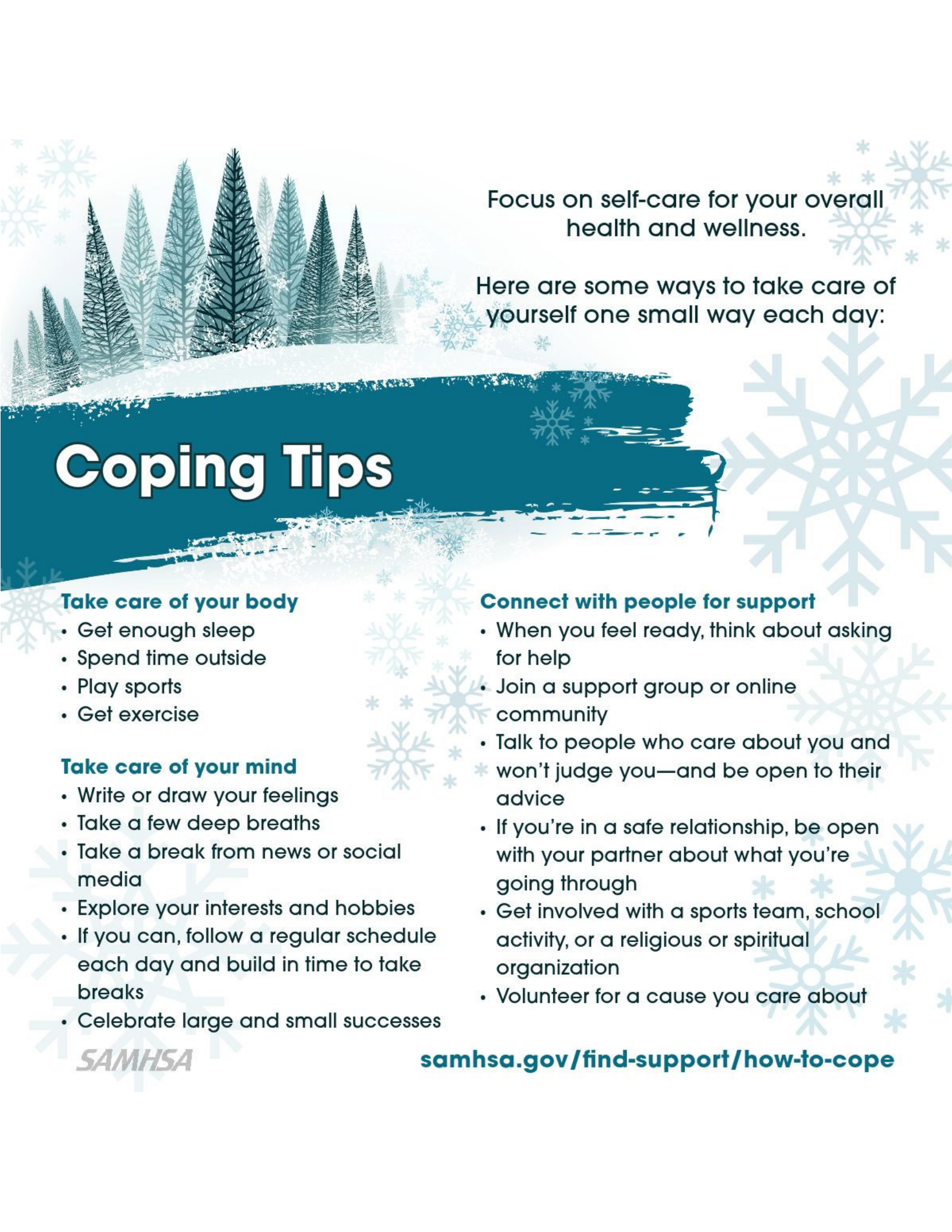




Focus on self-care for your overall health and wellness.

Here are some ways to take care of yourself one small way each day:

Coping Tips

Take care of your body

- Get enough sleep
- Spend time outside
- Play sports
- Get exercise

Take care of your mind

- Write or draw your feelings
- Take a few deep breaths
- Take a break from news or social media
- Explore your interests and hobbies
- If you can, follow a regular schedule each day and build in time to take breaks
- Celebrate large and small successes

Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you—and be open to their advice
- If you're in a safe relationship, be open with your partner about what you're going through
- Get involved with a sports team, school activity, or a religious or spiritual organization
- Volunteer for a cause you care about

SAMHSA

samhsa.gov/find-support/how-to-cope