



Need More Resources or Help?

While emotional pain is frequently dismissed as less serious than physical pain, it is critical that it be taken seriously. Negative emotions warn us that something is wrong or dangerous and force us to cope. However, what nature intended as a warning signal can backfire when we avoid them, push them down, numb them, or use unhealthy coping strategies that temporarily push them aside. Call or text 988 for free and confidential support for those in distress.

Tips for dealing with STRESS



- Be sure to get enough sleep
- Eat healthy meals
- Drink a lot of water
- Exercise/Move everyday
- Take a technology Break
- Practice Deep Breathing
- Focus on your senses:
What do you hear? Smell?
Feel? See?



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