Self-Care

mind | soul | body

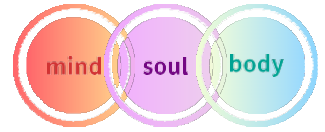## When you are feeling overwhelmed

- Feeling anxious, bored, or irritable are normal and just your body's way of telling you that things are different than usual right now. Just remember the feelings won't be forever.

- Focus on what you CAN control to manage feelings of anxiety and distress.

- Remember, it's ok to not be doing everything perfectly. Do your best and take it day by day. Every morning we have a chance to start over.

- Try to get outside and walk a little every day.

- Drink lots of water, eat healthy foods, and get adequate sleep.

- Take deep breaths **www.youtube.com/watch?v=hJunVgYL_MQ**

- Pick a memory that makes you smile and feel safe and think of it every day.

- Play a song that always made you happy - make a dance party out of it!

- Play with your pet or hug a (willing) family member.

- Call or message a friend daily just to check in.

- Write your future self (**futureme.org** is one neat way).

- Limit watching or consuming news to a small amount of time every day.

- If you are feeling helpless, hopeless, or overwhelming anxiety please reach out to a mental health professional. Thanks to telehealth you do not need to leave your home and help is only a click away.

Montgomery County Crisis Center (24/7)
240-777-4000

DHHS
MONTGOMERY COUNTY
Department of Health
and Human Services

Child & Adolescent
Behavioral Health Services

MC311
ANSWERING TO YOU