



LET'S CHECK IN!

NEED SOME SUPPORT?
Colorado Crisis Services
coloradocrisiservices.org
call 1-844-493-8255
or Text "TALK" to 38255

Safe2Tell
1-877-542-7233
safe2tell.org
TEXT OR CALL 988

PRIORITIZE BEING PRESENT

Negative feelings can cause a lot of noise in our minds, so it's important to find ways to be fully-conscious in the moment.

TRY

Breathing exercises, meditation, going for a walk, journaling, and making a gratitude list can all help us refocus on what's going on inside.

The important thing is to be consistent, even if things get chaotic, because that's when we need self-care the most.

TAKE TIME TO UNWIND TO REDUCE STRESS!

Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.

Make a go-to list of enjoyable activities and do several of those activities every day. Include several activities that are non-electronic.

Laughter is a known stress reducer!



Anxious?

Write down everything that is stressing you out or clogging up your brain. Cross off the things you cannot control. Identify what you can control and create a to-do list. Conquer one at a time.

Break a large task into smaller, more attainable tasks.

Decrease negative self-talk: challenge negative thoughts with alternative, neutral, or positive thoughts. "My life will never get better" can be transformed into...

"I may feel hopeless now, but my life will get better if I work at it and get some help."

