

COMBAT

STRESS

WITH
SELF-CARE

Learning self-care and coping techniques can help manage stress and pressure to keep you feeling happy and healthy.

SELF-CARE ESSENTIALS



Sleep well - Cut back on screen time, and avoid caffeine before bed.

Focus on your strengths - Make more time for the activities that you're good at and enjoy.

Engage in physical activity and eat well - Try to have fun so it's easier to stick with it!

Do things that make you happy - Stuck for an idea? Think about what you used to love as a kid.

Talk to someone - If you can't think of someone, try one of the resources in the yellow box.

Find support:

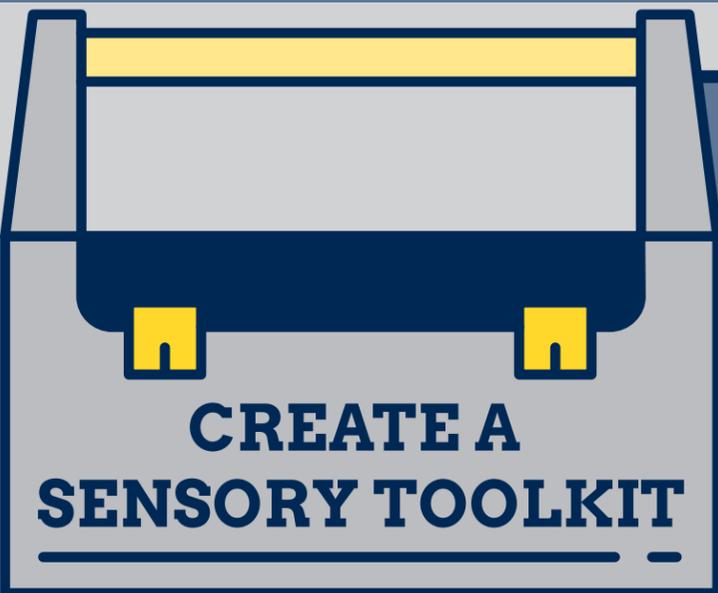
Healthy Minds Philly
healthymindsphilly.org

The Trevor Project
a resource for LGBTQ+ youth - 866-488-7386

For emergencies or immediate help:

Crisis Text Line - Text HOME to 741-741

National Suicide Prevention Lifeline - call 1-800-273-TALK (8255)



You can create a small toolkit you can bring with you wherever you go that includes small, comforting items. Some of these you can have digitally on your phone, and some are physical items you can keep in your wallet or in a purse.



Touch

A smooth rock or a fidget toy



Sight

Photos of favorite people or places



Smell

Lotion or scented oils



Taste

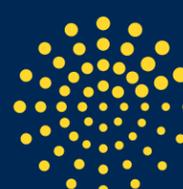
Small pieces of candy, mints, or chocolate



Hear

Music or a mindfulness app

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MindWise
INNOVATIONS

COPING STRATEGIES

When faced with distress – whether it is sadness, anxiety or other painful feelings – we do our best to cope so that we can carry on with our day-to-day activities.

There are both negative and positive ways of coping:

POOR COPING CHOICES

Using **negative coping behaviors** does not address the actual problem but rather avoids or distracts from the problem, which can result in additional difficulties.



Alcohol or substance use

Social avoidance that interferes with responsibilities



Excessive shopping or betting

Self-harming behaviors



Unhealthy or extreme eating patterns

Casual or careless sexual relationships

HEALTHY COPING CHOICES

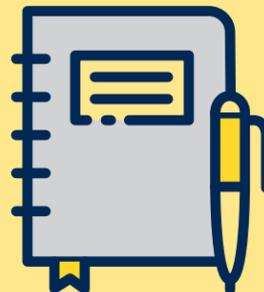
Positive coping behaviors allow a person to address at least part of their problem and channel their feelings in a safe and comforting way.



Talking to a trusted friend or family



Using relaxation techniques like deep breathing, muscle relaxation or walking in nature



Writing activities like journaling or creating a "worry box"



Exercise or play sports – whether in a group or solo setting



Creative activities like painting, making music, or coloring



Talk with a therapist or counselor