



STRESSED AND OVERWHELMED?

Try these tips to help calm yourself

Breathe

1

Take a deep breath in through your nose... and a deep breath out through your mouth

Repeat



Grounding

2

Name 5 things you can hear, see, taste, smell or touch in this moment



Ask Yourself

3

Will worrying about this change the outcome?

What do I have to do and what is optional?



Take a Break

4

Stepping away can help you regain your peace and perspective



Do Something for Yourself

5

What brings you joy?



Seek Support

6

Talk it out and/or find a support system that works for you



Call or Text
988
if you need
someone to
talk to