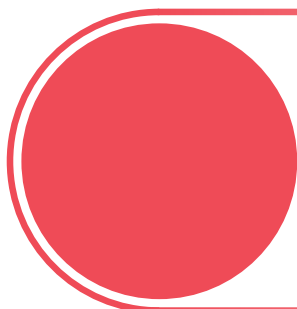


STOPLIGHT SELF CARE

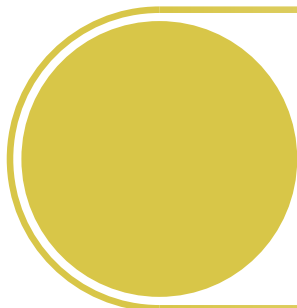
To Help You Manage Your Mental Health

Self care isn't a one-size fits all approach. When you are feeling stressed or overwhelmed, think of self care like a stop light helping you make decisions about how to move forward. How much time, energy, and access do you have?



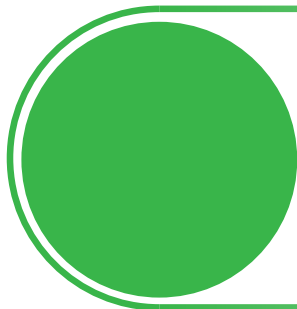
***Not a lot of time, energy, or access to self-care means:
Use your body!***

Deep breathing, meditation, 5 senses grounding exercise, pray, have a drink of water or a snack, listening to a favorite song, splashing water on your face



***Some time, energy, or access to self-care means:
Use what you have!***

Go for a short walk/stretch/light movement, journal, pet/care for an animal, doodle, talk to friends or family, engage in mindful eating, short nap, listen to your favorite music



***Lots of time, energy, or access to self-care means:
Have some fun!***

Take a relaxing bath or shower, spend time outdoors, read a favorite book, watch a movie, learn something new, spend time with loved ones, cook a meal, play a fun game



You can take a self-assessment screening for the following topics:
Depression, Anxiety, PTSD, Alcohol and Drugs, Eating Disorders, and Bi-polar Disorder

FIND WELL. FEEL WELL. BE WELL.

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STOPLIGHT SELF CARE

To Help You Manage Your Mental Health



STOP AND SEEK HELP TO CALM YOUR FEELINGS

Thoughts of ending one's life, self-injury, flashbacks that impact overall focus and functioning, rage, fear, severe helplessness, isolating, consistent and persistent substance use, chaotic energy that results in high-risk behaviors and consequences, extreme weight loss, rigid rules around food consumption, exercise that interferes with time for other activities of daily life

Seek emergency mental health services, contact support system for guidance, utilize grounding techniques and breathing exercises for immediate stabilization



SLOW DOWN AND BE CAREFUL

Apathy, not able to experience positive emotions, annoyance, pessimistic outlook, reduction of self-care, pushing too hard, overwhelmed with daily tasks, racing thought and constant worry, substance usage that impacts daily goals, feeling unsafe in the community

Schedule mental health services in near future, spend time with support system, address social/spiritual/physical needs, adhere to self-care routine, take healthy risks, limit substance usage, identify and connect with affirming people and spaces



ZONE OF OPTIMAL FUNCTIONING

Content with life, able to overcome setbacks, productive, stress that is motivating instead of inhibiting, regularly engaging in self-care activities, depression/anxiety symptoms are manageable

Continue engaging in self-care activities, take advantage of stability to increase new mental health skills and knowledge, continue to monitor changes in mental health, stay goal oriented

FIND WELL. FEEL WELL. BE WELL.

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