

## QUICK TIPS

# Staying Emotionally Well



### tune in to your emotions

Accept things are challenging. Don't ignore it.



### think happy

Take time to think about the things that make you happy.



### have gratitude

Be grateful for the little things. Write them down daily.



### give thanks

Expressing appreciation to others will lift your own spirits.



### practice mindfulness

Try a new Meditation app like Calm or Headspace.



### laugh

Tell a Joke. Watch a funny movie.



### turn off the news

Get your update, then get out.



### take a break

Walk away for a quick refresh.



### breathe

A few deep breaths can support your body's relaxation response.



### get professional support

Therapy can help ground you, both emotionally and mentally