

## Self-Care & Stress Management Tips

Small steps that support your mental health.

Self-care isn't about perfection or constant positivity. It's about caring for your mental and emotional well-being in ways that feel realistic and supportive, especially during stressful times.

### Everyday Self-Care Practices

These small actions can help support your mental health over time:

- Get consistent sleep when possible.
- Eat regular meals and stay hydrated.
- Move your body in a gentle way.
- Take breaks from screens and social media.
- Spend time outside or in calming spaces.

Self-care doesn't have to be time-consuming to be effective.

### Emotional & Mental Self-Care

Support your inner well-being by:

- Check in with your feelings.
- Practice self-compassion instead of self-criticism.
- Journaling or writing things down.
- Setting realistic expectations for yourself.
- Giving yourself permission to rest.

You are allowed to slow down.

### Stress Management Tools

When stress feels overwhelming, try:

- Deep breathing or grounding exercises.
- Breathing tasks into smaller steps.
- Prioritizing what truly needs to be done.
- Say no or set boundaries when needed.
- Stepping away when emotions feel intense.

#### Wyandot Behavioral Health Network

Website: <https://www.wyandotbhn.org/> | Phone: 913-328-4600

**In Crisis?** Call or text 988 (Suicide & Crisis Lifeline) or call 913-788-4200

Managing stress is about reducing pressure, not pushing harder.

## Social & Connection-Based Care

Self-care is helpful, but it doesn't replace professional support. Consider reaching out if:

- Stress feels constant or unmanageable.
- You're feeling emotionally exhausted.
- Symptoms begin affecting daily life.

Getting help is a form of self-care.

## Crisis Support Resources

If stress feels overwhelming or you're in crisis:

### **988 Suicide & Crisis Lifeline**

Call or text 988.

Chat at [988lifeline.org](https://988lifeline.org)

Available 24/7. Free. Confidential.

If you are in immediate danger, call 911.

### **Wyandot Behavioral Health Network**

Website: <https://www.wyandotbhn.org/> | Phone: 913-328-4600

**In Crisis?** Call or text 988 (Suicide & Crisis Lifeline) or call 913-788-4200