What helps your mental health

Meditation:
Quiet your mind and thoughts in a calm environment.

Mindfulness:
Bring your attention to your surroundings.

Physical Activity:
Include your favorite physical activity in your daily routine to improve your sense of wellbeing.

Breathing Exercises:
Calm your mind with breath. Try 4-7-8 breathing. Breathe in 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds.

Grounding Skills:
Find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

Journaling:
Write down all your thoughts and experiences to help process and make sense of them.

Self-Compassion:
Self-compassion is the ability to treat yourself with kindness and understanding, like you would treat a dear friend.

Connect With Others
Spend time with friends and loved ones or seek therapy. Care Solace is a free resource that can help you find a therapist in your local community.

What doesn't help your mental health

• Avoidance and procrastination
• Substance abuse, self medicating with substances, or other unhealthy habits
• Violence and abuse
• Hurting yourself or others
• Disconnecting from your thoughts and emotions
• Thinking about the worst-case scenario
• Isolating yourself from your support system
• Not talking about it with a trusted adult

Signs your mental health needs attention

• Feelings of hopelessness and worthlessness
• Difficulty communicating or maintaining relationships
• Eating too much or too little
• Less attention to personal hygiene or appearance
• Low energy levels
• No interest in activities usually enjoyed
• Self-harm — for example, cutting or burning
• Obsessing over outward appearance
• Purging after overeating
• Feeling guilt over food consumption
• Expressing bizarre ideas or paranoid thoughts
• Experiencing hallucinations, such as hearing voices
• Increased irritability, anger, or hostility
• Trouble staying focused and experiencing racing thoughts
• Overly interested or involved in risky activities
• Substance use
• Slowed thinking, speaking, or body movements
• Poor school performance or frequent absences from school
• Talking fast about a lot of different things
• Inability to sit still
• Thinking about death or having thoughts of suicide
• Extreme self-consciousness or sensitivity to criticism
• Recurring fears and worries about routine parts of everyday life
• Chronic complaints about stomach aches or headaches
• An inflated sense of ability, knowledge, and power

National Crisis Helplines
Suicide & Crisis Lifeline............................................... 988
National Helpline..... Text ‘HELP’ to 1-800-622-4357
Crisis Text Line........... Text Help or Hello to 741741
Trevor Project Text Line.... Text ‘START’ to 678-678

Community Resource
County Behavioral Health..................... 530-891-2810
Northern Valley Talk Line...................... 530-891-2810
HEART Emergency & Runaway......... 1-877-478-6292
County Community Services............. 530-872-6328
Rape Crisis Intervention................. 530-342-7273
Catalyst Domestic Violence............. 530-895-8476

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School Resources
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