

HOWARD CENTER

# WELLNESS TIPS

Feeling stressed? Regardless of your age, these suggestions may help.

Practice mindful relaxation by focusing on breathing and what is happening now.

Surround yourself with supportive people.

Give yourself permission to share your feelings with others.

Keep a journal or a notebook.

Use medications as prescribed and avoid other drugs or alcohol.

Take a break from social media.

Spend time outdoors.

Get moving—even a short walk can help.

Maintain healthy eating habits and a regular sleep schedule.

Listen to music that lifts your mood.

Watch TV or movies that make you laugh or are distracting. Avoid violent content.



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Consider the following resources if your stress continues or gets worse.

Contact your therapist, case manager, or other provider to discuss your symptoms and treatment.

Make an appointment with your primary care provider or prescriber.

If you have access to a smart phone, download the free app, the Virtual Hope Box.

Reach out to local peer support options, such as Turning Point.

Call First Call for Chittenden County at 802.488.7777 for phone support, additional referrals, or a crisis intervention and assessment.

Text the Vermont Crisis Text Line at 741741.

Call the National Suicide Prevention Hotline at 800.273.TALK (8255).

Call 211 for information about local resources that can help reduce your stress.

**If you have immediate safety concerns, call 911 or go to the emergency department.**

