



## Tips To Support Your Well Being



### EXPERT TIPS:

**Decide what YOU can control in your life, and focus on that**

**Practice Mindfulness - be present in the moment**

**Accept Imperfection**

**Set realistic expectations of yourself and others**

**Replace self-criticism with self-kindness and an appreciation of all you do well**

### WELLNESS TIPS:

#### Take a Breath

Take 2-3 slow deep breaths a few times a day, it can help lower your blood pressure. Try it, breathe in on a count of 6, hold 2, exhale for 6, repeat.

#### Schedule Breaks (Work & Home)

At work, schedule mini breaks throughout the day (if possible). At home, schedule downtime to watch a movie, read a book, listen to a podcast, play board games, try a puzzle, doodle in an adult coloring book or bake.

#### Stay Active

Aerobic exercise is vital for stress reduction. Consider walking, biking, running and hiking or throwing a ball outside. Try a new form of fitness through online workouts.

#### Practice Gratitude

This is something you can do over a virtual family visit or write down at the end of the day. Write 2-3 things you felt grateful for in your day.

#### Maintain Connection

Meaningful connection is vital to your mental health. Reach out to family, friends, colleagues and your favorite community groups for social contact. Schedule weekly virtual visits with friends/family, join a family or friend for a meal by social media, play a game, start a virtual book club and get creative with new ways to stay connected.

#### Maintain Healthy Habits

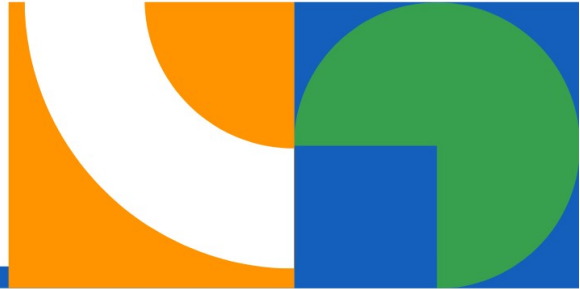
As stress increases, health habits can take a back seat. Prioritize your health by bringing lunch to work, drinking plenty of water, limit alcohol, incorporate exercise and get outside. Watch the sunrise/sunset. Notice the beautiful flowers blooming and the gorgeous birds singing. Go for a walk outside. Just be sure to find locations that are not densely populated and stay 6 feet apart from others.

#### Limit News Consumption

Check news once or twice a day maximum. Limit news consumption to reliable sources. While it is important to stay informed of the latest recommendations, research shows that social media may escalate anxiety more than traditional media.

#### Create a Daily Routine

Develop a routine that incorporates as many components of your regular life as possible, including a wake time, sleep time, break time, exercise time, time for social engagement and regular meals.



## Resources To Support Your Well Being

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### APPS



FOR GUIDED MEDITATION AND MINDFULNESS EXERCISES, YOU CAN DOWNLOAD THE FOLLOWING FREE APPS:

- HEADSPACE – OFFERING FREE PREMIUM ACCESS TO HEALTHCARE PROVIDERS
- CALM – GUIDED MEDITATIONS AND SUPPORT BETTER SLEEP
- STOP, BREATHE & THINK - GUIDED MEDITATIONS FOR MINDFULNESS & COMPASSION
- NOTOK APP FOR TEENAGERS
- MOODKIT - HELP YOU APPLY EFFECTIVE STRATEGIES OF PROFESSIONAL PSYCHOLOGY TO YOUR EVERYDAY LIFE.

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### PODCAST

- UNLOCKING US W/ BRENE BROWN
- TEN PERCENT HAPPIER



### BOOKS

- ***THE BODY KEEPS SCORE: BRAIN, MIND AND BODY IN THE TIME OF TRAUMA***  
- BESSEL VAN DER KOLK
- ***THE GIFTS OF IMPERFECTION*** - BRENE BROWN
- ***HOLD ME TIGHT: 7 CONVERSATIONS FOR A LIFETIME OF LOVE*** - SUE JOHNSON

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### PROFESSIONAL RESOURCES



- NORTHSIDE BEHAVIORAL HEALTH SERVICES  
404-851-8960 - TELE-MENTAL HEALTH SERVICES AVAILABLE
- GEORGIA PSYCHOLOGICAL ASSOCIATION  
404-634-6272 - PSYCHOLOGIST REFERRAL SERVICE AVAILABLE