

Some Steps to Cope:

- Know that everyone has struggles that can lead to depression, anxiety & anger.
- Serve those who need a helping hand.
- 3. Improve your diet & drink plenty of water.
- 4. Strive for 7-9hrs of daily sleep
- 5. Exercise.
- 6. Play inspirational music.
- Prayer and mindfulness meditation may help.



Find professional support.



KEEP LIVING

This current feeling is only temporary. Better days are ahead.

FREE 24/7 Live Support

- 1. Call the crisis line: 988
- Text HOME to 741741

The struggle is real, but every day is a new chance for you to create, build, contribute, serve, love and be loved.



"It's OK to not be OK"



Missouri Crisis Line 1-888-279-8188

For more info about identifying mental health symptoms visit:

screening.mhanational.org/screening-tools

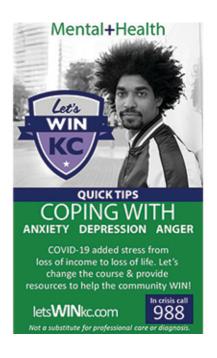
Developed with expert counsel & adaptations from:

mentaihealthkc.org, health.com, www.helpguide.org, verywellmind.com, nursingtimes.net, healthline.com, blackmentaiwellness.com, healthyplace.com, mindful.org

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ANXIETY can feel like:

Feeling on edge

Nervous

"What will they think?" Sweating

Fear

Trouble concentrating

Heart racing

Panic

Worry

You have POWER over anxiety:

- 1. S.T.O.P a mindfulness practice
 - Stop or pause.
 - Take in a few deep breaths.
 - Observe the body, thoughts, feelings.
 - Proceed with more awareness of your goals & feelings.



"It's OK to not be OK"

ANXIETY Coping tips continued



- Acknowledge the feeling. "I feel scared. I feel worried."
- Ask for help with your next task. Life seems less scary with someone by your side.
- Find professional support.
 Area centers or a source for therapists: ColorCollectiveKC.org
- 5. Something fun? Call: 1-707-873-7862 to hear a pep talk from Kindergarteners.



"It's OK to not be OK"



