

Time to De-stress

In our busy world it's easy to feel stressed and harder to find time to unwind. However, taking care of your wellbeing is important for everyday functioning. Try these tips for moments of self-care no matter how much time you have.

Mental

Emotional

Physical



- Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, & 1 thing you can taste

- Brain dump - write down emotions, worries, stressors, or whatever is on your mind
- Recite positive affirmations

- Stretch
- Jog in place
- Do push-ups or sit-ups
- Squeeze a stress ball
- Dance



- Organize your tasks & calendar
- Spend time outside
- Journal
- Practice mindfulness

- Call or text a loved one
- Listen to music or an uplifting podcast
- Meditate

- Practice deep breathing techniques
- Take a quick walk
- Eat a healthy snack



- Read
- Learn something new
- Engage your brain in a puzzle, Sudoku, or crossword

- Write a gratitude list
- Arts and crafts
- Volunteer or do a good deed
- Spend time with a pet

- Take a hot shower or bath
- Take a nap
- Exercise or play a sport
- Yoga

If you've tried healthy coping strategies and still feel overwhelmed, ask for help. If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat 988lifeline.org.**

Visit **SDBehavioralHealth.gov** for behavioral health resource information.

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