

# SELF-CARE STRATEGIES FOR RESILIENCE

Activities to help you take a step back, breathe, and focus on your well-being. In a medical emergency, please call **911**. In a mental or behavioral health crisis, please call **988**.

## Mind



- Have a daily routine.
- Take breaks.
- Practice mindfulness.
- Journal.
- Express your feelings.
- Check in on your mental health with a professional, such as a therapist, counselor, or doctor.

## Body



- Walk, exercise, or go outside.
- Set a sleep routine; rest and restore.
- Meditation and yoga.
- Take deep, slow breaths.
- Drink lots of water and fuel your body with nutritious foods.

## Soul



- Ask for help.
- Reach out to people you love and care about.
- Practice digital wellness—limit social media and phone usage in times of relaxation.
- Set boundaries for yourself.
- Connect with people and activities that inspire you.

## Surroundings



- Create a retreat space in home or office setting.
- Distance yourself from unhealthy environments, if able.
- Listen to calming or relaxing spa/ jazz music.
- Get sunlight and fresh air every day.

For more information, resources, and training information, please reach out to the Nevada Office of Suicide Prevention at [SUICIDEPREVENTION.NV.GOV](https://www.suicideprevention.nv.gov).