

resiliency refill



Our mental wellbeing rests on a spectrum and can shift month to month, and day to day. Some days you may feel like you are thriving and other days you may be suffering. And no matter where you are on the spectrum, there are coping mechanisms and resources available to help! How are you feeling today? It's important to pay attention to where your mental health lies each day. Choose from some of the healthy coping mechanisms below to support your mental health today!



FEELING GOOD



- Happy
- Excited
- Content
- Optimistic

Mental Health Boost:

- Listen to music
- Perform a random act of kindness
- Take a movement break at your work station
- Take a brain break — use apps or websites for fun activities
- Journal or write in a journal



LACKING ENERGY



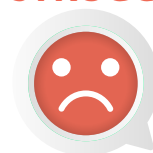
- Demotivated
- Moderate Stress
- Restless
- Anxious

Mental Health Boost:

- Pause and take a walk or movement break
- Implement relaxation activities
- Set up your success — list your top priorities and schedule time to complete them
- Address overwhelming tasks — reflect on what can be delegated to your support system



STRUGGLING



- Overwhelmed
- High Stress
- No Motivation
- Hopelessness

Mental Health Boost:

- Continue to prioritize self care activities from green and yellow zones
- Implement rest activities
- Reach out to someone for help — family member, friend, supervisor
- Call or message your employee assistance program for resources
- Take a mental health day to recharge

If you are experiencing a greater mental health crisis, get support immediately text 741741 or call 988

