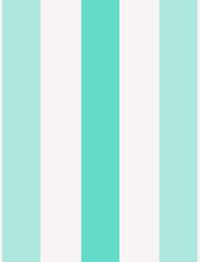




Taking Care of Yourself

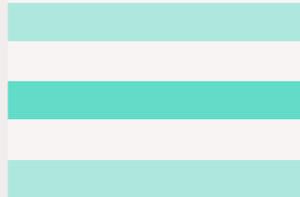
During COVID-19

YOUR MENTAL HEALTH
MATTERS!

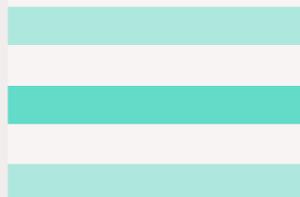


***How do we
combat the
stress of our
current
times?***

Stress is hard to define because it means different things to different people; however, it's clear that most stress is a negative feeling rather than a positive feeling.



When you are constantly reacting to stressful situations without making adjustments to counter the effects, you will feel stress which can threaten your health and well-being.



<https://www.mhanational.org/conditions/stress>

Try this...

“You always have to remember to take care of you first and foremost, because when you stop taking care of yourself, you get out of balance and you really forget how to take care of others.” – Jada Pinkett

Breathing and Centering

<https://blog.calm.com/take-a-deep-breath>

Have you noticed the downward spiral of thoughts that can happen when you're worried, stressed, or nervous?

<https://youtu.be/CQjGqtH-2YI>

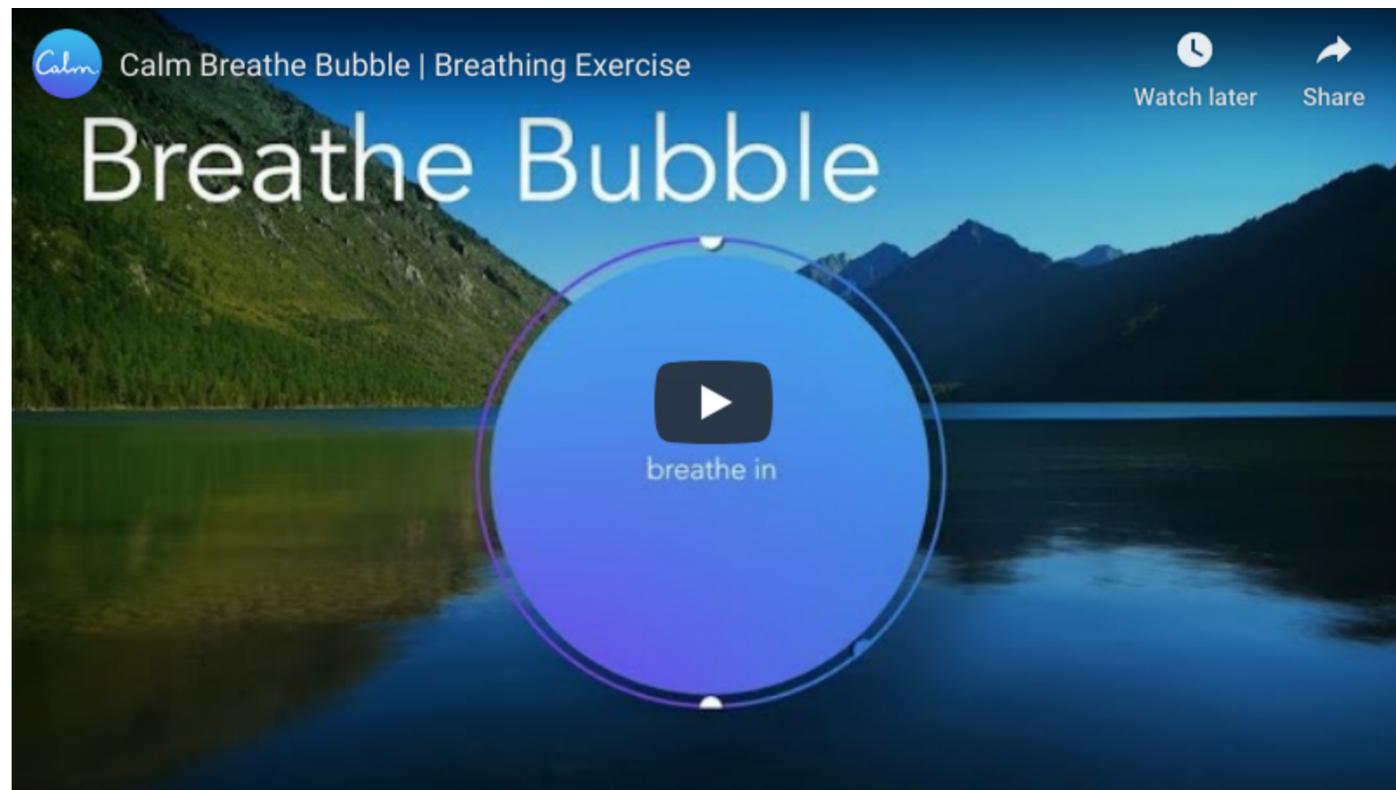
Taking deep breaths can help you voluntarily regulate your ANS, which can have many benefits — lowering your heart rate, regulating blood pressure, and helping you relax.

<https://www.healthline.com/health/diaphragmatic-breathing>

DEEP BREATHING

There is one “Super Stress Buster” that evokes the relaxation response that we widely recommend as useful for everyone—even kids. Can you guess what it is? BREATHING! That is right, simply breathing. It is free and can be practiced anywhere— I bet you are even breathing right now! The key, of course, is focused breathing.

<https://www.stress.org/take-a-deep-breath>



<https://youtu.be/5DqTuWve9t8>

Bumble Bee Breathing

Bumble Bee Breathing

Get into a comfortable sitting position and close your eyes. Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs and blowing out of your mouth.

Inhale slowly through your nose. Place your fingers gently on your ears to close off external sound. Breathe out through your mouth saying "buzzzzzzzzzz" for as long as you can. Repeat. Try a different sound such as "hummmmmm" or "ohhhhhhhh".

Repeat the bumble bee breathing until your body is calm and relaxed.

Go to www.YourTherapySource.com for the complete Breathing Breaks download.

FREE

Available in color and black and white

Your THERAPY Source