



Feel-Good Friday

- Take brief breaks in your day for **self-care**.
- Try **mindfulness** exercises to calm and ground yourself in the present moment.
- Plan or **work ahead** to ease pressure from an upcoming busy time period.
- Evaluate your schedule to align your time commitments with your **priorities**.
- Incorporate **physical** activity into your day for a positive mind-body connection.
- Ask for and **accept help**.
- Focus on what you can **control** or what you can impact.
- Accept **imperfection**.
- To lessen feeling overwhelmed, focus on **one small step** at a time.
- Speak encouraging, **uplifting** messages in your internal dialogue.
- View your situation through a lens of **gratitude**.
- **Connect** with people you trust for emotional support.
- Consider contacting a **mental health professional**.
- For registration info on "Parenting 4th-8th Graders Through Their Stress & Worries," (presented via Zoom) on Monday, February 7, 2022, from 6:30 to 7:30 PM, email emotional-wellness-no-reply@tricityfamilyservices.org

Stress Relief Tips

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org