

## Find your people. Find your purpose.

Spend time with people who inspire you. Never underestimate the power of connection with those who:

- Support, encourage and believe in you, as you are
- Introduce you to new and diverse groups of people
- Help you make time for laughter and see the bright side in tough times
- Offer compassion so you can talk openly about your mental health
- Remind you of your purpose

Connect with Others

## Resilience building resources.

Explore these resources and tools to adapt, grow and thrive:

**Washington County, WellSpring Project**  
[livinghealthywc.org/wellspring](http://livinghealthywc.org/wellspring)

**NAMI Minnesota**  
[namimn.org](http://namimn.org)

**Mental Health America**  
[mhnational.org](http://mhnational.org), search: *resilience*

**American Psychological Association**  
[apa.org/topics/resilience](http://apa.org/topics/resilience)

**HealthPartners**  
[healthpartners.com/blog](http://healthpartners.com/blog), search: *mental health*

**988 Lifeline: 24/7 Crisis & Support**  
If you or someone you know is struggling or in crisis, help is available. Call or text 988.

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# Tools to Thrive

*A pocket guide to feeling good.*

Make It **OK**.org

## Take a short stroll when life takes a toll.

**Walking works wonders.** It can help reduce stress, lift your mood, improve sleep, and much more. Ways to fit walking into your day:

### ***Feeling stressed? Can't focus?***

Take a walk outside to get a dose of nature and your creativity flowing.

### ***Got meetings?***

Turn them into a walk and talk.

### ***Elevator or stairs?***

Stairs add steps to your day. Choose them when you can.

### ***Take breaks or skip them?***

Use breaks in your day to take a quick stroll.

### ***Don't like to walk alone?***

Ask a friend to join you.

Mindful Movement

## Take a 5-minute vacation.

Press “pause” and just be in the moment.

When life gets busy, or your thoughts are racing, stop. Press “pause” and take 5 minutes to slow down and just **be in the moment**.

**This 5-4-3-2-1 ‘in the moment’ technique can help to refocus your mind and calm your body:**

Name **5** things you can see

Notice **4** things you can touch

Name **3** things you can hear

Identify **2** things you can smell

Notice **1** thing you can taste

## Get an instant mood boost.

Move your body!

Our body and brain are connected. Moving sparks “feel good” messages in your brain that help give your mood an instant boost. **Do whatever you enjoy that gets you moving.**

- **Stand up and stretch**
- **Turn on music and dance or step in place**
- **Take a lap around the room or outside in the sunshine**
- **Tidy or declutter your space**

## Sleep.

Sometimes it’s the most productive thing you can do.

**Restful sleep. It does the mind good!** It recharges your brain, helping to manage stress, and improve mood, energy level and concentration. Whether a night owl or an early bird, try these tips for restful sleep:

**Set a sleep schedule.** Go to sleep and wake up at the same time daily.

**Get regular exercise.** It helps boost your natural sleep hormones.

**Unwind and unplug.** Create a calming routine, including turning off devices an hour before sleep.

**Keep it cool and dark.** Cooler temps and a dark space helps promote sleep.

## Spread kindness to others, one small act at a time.

**Kindness is a powerful way to connect with others and boost your mood.** A simple act of kindness can go a long way.

- **Send a “thinking of you” message to a friend or family member**
- **Smile at people as you pass by**
- **Ask someone about their day**
- **Give a stranger a compliment**
- **Be kind to you. Treat yourself to something you enjoy**

Be Present

Mindful Movement

Restful Sleep

Connect with Others