

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

NAMI Minnesota
namimn.org

Mental Health America
mhnational.org, search: *resilience*

American Psychological Association
apa.org/topics/resilience

HealthPartners
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.

*Make It OK is made possible by HealthPartners.
Funding for this resource is provided by the Washington County Local Public Health Grant.*

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