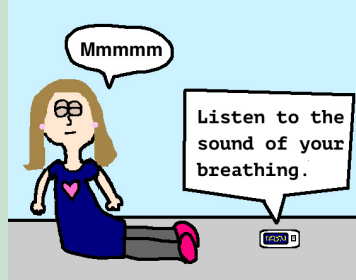


10 Signs that you might want to seek a professional

1. Feeling very sad or withdrawn for more than 2 weeks.
2. Seriously trying to harm oneself
3. Out-of-control behavior
4. Sudden, overwhelming fear for no reason
5. Not eating; significant weight loss or gain
6. Seeing, hearing, or believing things that are not real
7. Repeatedly using drugs or alcohol
8. Drastic changes in mood, behavior, or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears that get in the way of daily activities



LONG TERM DE-STRESS STRATEGIES

- Eat a Balanced Diet
- Calming meditation or yoga
- Practice Positive Self-Talk (telling yourself good things. Stand in front of the mirror and give yourself a pep talk daily.
- Get physically active: schedule daily exercise time
- Schedule a 15 minute time a day to worry. Talk to someone at this time or journal about your worry. At the end of the time, find something to distract you from your worry. When worry comes, defer it to your next scheduled worry time.
- Maintain Social Connections with family and friends, in-person if possible or by video or audio chats.
- Be selective about media consumption.
- Focus on things you can control.
- Practice positive coping skills—google coping skills for ideas that work for you to help you de-stress. There are 1000's of ideas. Find what works for you.

* source: verywellmind.com



Greenbush Middle River School cares about our students' Mental Health

Call the school at 218-782-2232 or email a social worker: _____

John Lee, School Social Worker
jlee@greenbush.k12.mn.us

Tips to Maintain Mental Health

MEDITATION APP



My Life App, by Stop Breathe Think is a free app that gives you meditations to help calm. Available on Google Play and the App Store.

MAINTAIN A HEALTHY LIFESTYLE



Eating right, being active, and getting enough sleep is essential for dealing with stress.

KEEP IN CONTACT WITH YOUR PERSONAL SUPPORT SYSTEM (FRIENDS, FAMILY, RELIGIOUS MENTORS)



Having someone trustworthy to talk to is extremely beneficial in maintaining your mental health.

QUICK DE-STRESS STRATEGIES

- List 10 Things You are Thankful For
- Sigh Breathing: Take a deep breath in through your nose. Hold It. Exhale with a sigh. Repeat.
- Run in place 2 minutes
- Do jumping jacks
- Squeeze a stress ball
- Shoulder rolls
- Imagine yourself someplace that makes you happy
- Laugh
- Count to 100
- Share your feelings with someone you trust
- Have a cold glass of water
- Do something kind for someone else
- Doodle on paper
- Listen to music or hum a tune
- Say, “I can do this”



Professional Resources



Feeling Hopeless, Angry or Confused? Call or text the Northwest MN Crisis Support Line :

1-800-282-5005 or text “MN” to 741741

For Help With Quitting Vaping:
Text “ditchjuul” to 88709

Website for information:
SUICIDEPREVENTIONLIFELINE.ORG

National Helpline for anywhere in the United State: 1-800-273-TALK (8255)

SmokefreeTXT for Teens
text **QUIT** to **47848**.

Sanford Behavioral Health
Thief River Falls, MN Call
218-683-4350

Lifecare Behavioral Health
Roseau, MN Call 218-463-4732

Hope Changes Everything—Jennifer Manning private practice in Thief River Falls call 218-416-2268

Storybook Wellness—Dr. Rene Mooney private practice in Thief River Falls. Call 218-755-5050.