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Coping Strategies to Promote Mental Wellness

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YOU MATTER

Your Mental Wellness Matters.

Anxiety

Depression

Stress

PTSD



Coping Techniques to *Calm* the Mind:

Box Breathing | Muscle Relaxation | Guided Imagery



**Need to Talk?
Crisis Line: 988**

Box Breathing

1. Breathe in slowly through your nose
2. Hold your breath for a count of 4
3. Breathe out slowly from your mouth
4. Hold your breath for a count of 4

Muscle Relaxation

1. Imagine every muscle in your body.
2. Curl your toes and tense your feet, *release*
3. Tense the muscles in your legs, *release*
4. Tense the muscles in the stomach and chest, *release*
5. Tense the muscles in the shoulders, *release*
6. Tense the muscles in the hand, creating a fist, *release*
7. Squeeze your eyes shut, *release*

Guided Imagery

1. Visualize a relaxing environment (ex. The ocean)
2. Use each of your five senses to feel the environment
 - What do you see?
 - What do you hear?
 - What do you smell?
 - What do you taste?
 - What do you feel?
3. Hold that visualization in your mind, and feel the calmness you associate with that place wash over you.

**You are worthy
of happiness and
peace of mind.**



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Crisis Line: 988**