



@humanity360for365

“Mental Health Matters”

Humanity360for365.com

H360’s Mental Wellness Guide: S.M.S

When experiencing unwanted, or undesirable feelings you should: S.M.S

S- Speak About It- Talking about our feelings or situations is the fastest and easiest form of relief we have. Whether you talk aloud to yourself, a friend, or a stranger (301-456-0563 -H360), there is power in the release.

M- Decide whether these feelings are manageable. Do you feel like you can move on from this? If the answer is NO, seek professional help immediately.(National Suicide Hotline 1800-273-8225 24/Hrs)

If you know that this is circumstantial and **YOU WILL GET THROUGH IT**, then you should indulge in more self-care!

S- Self-Care is Needed- Ideas for Self-care include meditation, painting, drawing, exercising, singing, rapping, coloring, completing puzzles, riding a BIRD bike, and any other enjoyable activity you love. See the below for more ideas!

Remember: EVERYONE HAS A STRUGGLE; NO MATTER WHAT YOU SEE!

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|---|---|--|
| 1. Give yourself a pedicure or manicure | 14. Watch funny YouTube videos | 25. Sing at the top of your lungs; |
| 2. Read a book or magazine for an hour | 15. Sit in the grass and watch the clouds | preferably in the car with the |
| 3. Sit on the front porch.Just. Sit. | float by | windows down |
| 4. Take a bubble-bath complete with candles | 16. Look at the Stars | 26. Go for a no-destination drive |
| and calming music. | 17. Have a dance party to your favorite | 27. Close yourself in a room and |
| 5. Pick or buy a bouquet of fresh flowers | music | listen to your favorite podcast |
| 6. Take a leisurely walk without a goal. | 18. Tale a Mental Health Day- and | 28. Have a 20 minute stretching |
| 7. Put on a homemade face mask | feel not an ounce of guilt | session |
| 8. Give yourself permission to binge watch your | 19. Burn a candle or diffuse some | 29. Sit in complete silence in |
| latest show obsession w/o guilt | Essential Oils | a car, or quiet space |
| 9. Take a nap | 20. Sit in a coffee shop and sip on | 30. Go to the park and play on the |
| 10. Order in dinner | a luxurious drink | playground; be a kid again |
| 11. Do something crafty; coloring, knitting | 21. Walk around the fancy grocery | 31. Go swimming for fun |
| sewing | store without a list, buy for fun | 32. Plan out an extravagant vacation |
| 12. Go to the library or bookstore, | 22. Try out a new hobby | 33. Declutter a spot in the |
| house/office, sit in a comfy chair | 23. Do Yoga (You-Tube) | that has been bugging you |
| and read | | |
| 13. Listen to 528 Hz on YouTube | 24. Cook Breakfast for myself | 34. Write down all that you are grateful for |

Activity: Pick a random number 1-34 DAILY