

March, 2024

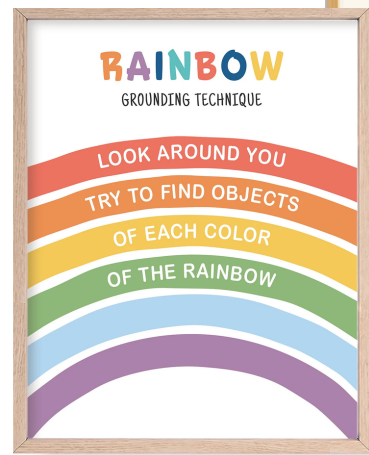
MONTHLY NEWSLETTER

Mental Health Matters

WHAT'S IN THIS MONTH'S ISSUE:

- Coping with Stress
- Positive Self-Talk

It is normal to have feelings of stress and anxiety at times. Grounding techniques are coping strategies that help you refocus on the present. Often times, when we are experiencing stress or anxiety, we're focused on past experiences, negative thoughts, or worried about future events.



These exercises can help you connect with the here and now and turn away from negative thoughts to overcome anxious feelings.

STEPS TO GUIDED IMAGERY

1. Find a private calm place.
2. Take a few slow deep breaths and center your attention on yourself.
3. Close your eyes and imagine yourself in a beautiful location.
4. Imagine being calm, relaxed, smiling, feeling happy, and having a good time.
5. Connect your senses with the location you have created.
6. While relaxed, assure yourself that you can return to this place whenever you want or need to relax.
7. Open your eyes again and rejoin your world

MORE IDEAS:

- List your favorite things
- Clench your fist and release 10x
- Spell a word backward
- Focus on your breath
 - inhale for 4 seconds,
 - hold for 7
 - release for 8

Positive Self-Talk

CHALLENGE NEGATIVE THOUGHTS AND REFRAME UNHELPFUL ONES.



REALITY CHECK

Are my thoughts based on facts?

Am I jumping to negative conclusions?

How can I find out if my thoughts are accurate?



ALTERNATE EXPLANATIONS

Are there other ways to look at the situation?

If I were thinking positively, how would I perceive this situation?



PERSPECTIVE

Is this situation really as bad as I think it is?

What is the worst thing that could happen and how likely is that?

What is the best thing that could happen?

Will this matter in five years?



GOALS

Does this thinking help me reach my goals?

What can help me solve the problem?

What can I learn from this situation?

Learn more
tinyurl.com/calmingstrategiestoolbox

