

# STRATEGIES FOR SELF-CARE AND RESILIENCE

1. Get quality sleep
2. Eat healthy foods
3. Move your body
4. Use mindfulness & meditation
5. Do things you love
6. Let go of things out of your control
7. Use technology for good
8. Invest in relationships
9. Ask for help
10. Believe in yourself

## In a crisis?

National Suicide Prevention Lifeline  
1-800-273-8255

This is a national network of local crisis centers that provides free and confidential emotional support to those in suicidal crisis or emotional distress 24/7.

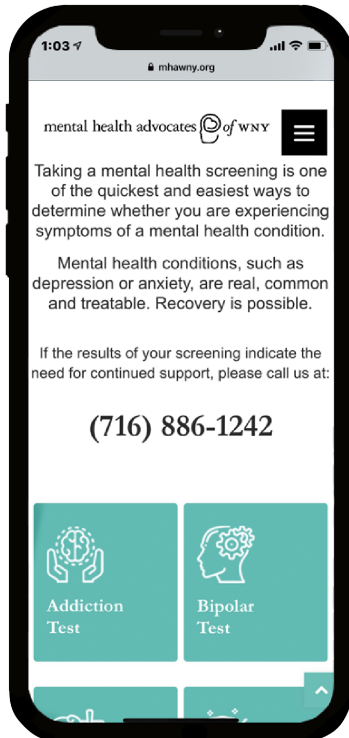
## Crisis Text Line

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

# TAKE A MENTAL HEALTH TEST

Screening is a tool you can use as you work on your mental health.

VISIT [MHAWNY.ORG/SCREENING](https://mhawny.org/screening) TO CHECK YOUR SYMPTOMS. IT'S FREE, ANONYMOUS, AND CONFIDENTIAL.



“Self-care is not self-indulgence, it is self-preservation.”

**AUDRE LORDE**

*feminist and civil rights leader*

## RECOMMENDATIONS

### books

- Burnout: The Secret to Unlocking the Stress Cycle - Emily Nagoski, Ph.D.
- 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found a Self-Help That Actually Works - Dan Harris
- The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture - Gabor Maté, M.D.

### podcasts

- Happier with Gretchen Rubin
- Being Well with Dr. Rick Hanson
- We Can Do Hard Things with Glennon Doyle

### meditation apps

- Insight Timer
- Ten Percent Happier
- Headspace



**MHA**

Mental Health Advocates  
*Be Heard. Be Helped.*



1021 BROADWAY  
5TH FLOOR  
BUFFALO, NY 14212  
716-886-1242