

Mental Health Rack Card

Counseling Resource Services



Mental and Emotional



Often we over look our mental and emotional wellbeing, but just like physical health, it is important to take care of how we are feeling. If you are dealing with any of the following you could benefit from support:

- Irritability
- Anxiety
- Worry
- Fatigue
- Sadness
- Grief & Loss
- Confusion
- Anger
- Panic
- Hopelessness
- Chronic Stress
- Insomnia
- Difficulty Sleeping
- Suicidal thoughts
- Appetite Changes
- Brain Fog
- Isolation
- Afraid

Need Help? Just reach out.

Counseling Resource Services: 407-654-4433

National Suicide Help Line: 1-800-273-8255

National Mental Health Helpline: 1-800-662-HELP (4357)

Contact Us Today!

Counseling Resource Services, Inc
T:407-654-4433 F: 407-926-0209
www.CounselingResourceServices.com

Front Side



Managing your Mental and Emotional Wellbeing

Daily mental health maintenance can help you build resiliency and cope better with stress and challenges in your life. Try the following:

Talk about your feelings: Tell someone you trust what is going on for you.

Laugh: It releases oxytocin in your brain, the love hormone.

Be Social: Get connected to others-it helps build positive feelings of belonging.

Keep Active: Even a ten minute walk boosts serotonin in the brain and helps combat depression.

Get Outside: Fresh air and sunshine can shift negative feelings and improve your mood.

Mindfulness: Practice mindfulness through breathing, focused attention, yoga or meditation.

Sleep: Make sure you are getting 7 to 9 hours of good sleep each night.

Eat well: A healthy diet improves your brain and body's functioning and resiliency.

Avoid Drinking: Alcohol is a depressant.

Volunteer: Helping can raise your sense of wellbeing.

Get a hobby: Do something you enjoy just for fun.

Accept yourself: Self-criticism and judgment negatively impact your well-being. Try radical acceptance and like yourself just the way you are.

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Back Side