

Toolkit for Self-Care in Stressful Times

Rest! The physical and mental benefits of a good night's sleep cannot be understated. Be sure to set up a routine around bedtime in order to get sound and solid sleep.

Practicing meditation or mindfulness can improve your health and overall sense of wellbeing. Take some time for yourself each morning or evening to reflect on the day ahead or successes of day. Other options include talking a walk at night and stargazing, listening to soothing music or reading a book.

Show yourself kindness and compassion. It's ok to remind yourself that you are worthy of love and respect. Speak kindly to yourself, write down a list of your strengths, call someone you trust and ask for help. Research shows a strong correlation between self-compassion and motivation.

Stick to your normal routine as much as possible. This includes sleep schedules, eating habits and physical activity. If you do not already include physical activity in your routine, consider adding it.

Eat and drink in moderation and avoid alcohol if you are feeling down.

Learn to say no. It is okay to say no when you are unsure or uncomfortable. This can include family gatherings, buying expensive gifts, working overtime, etc. Inform others of your limits and be patient with yourself.

Simplify your day as much as possible while you recover. This means stepping away from all that "extra" stuff you do that is not really essential or necessary.

Hotlines

- DFCS/CPS Central Intake Center at 855-422-4453
- GCAL (Georgia Crisis and Access Line) available 24/7: 1-800-715-4225
- Georgia Coalition Against Domestic Violence (available 24/7): 1-800-334-2836
- National Domestic Violence Hotline (available 24/7): 1-800-799-7233
- National Suicide Prevention LIFELINE:
 - TALK: Dial 988 from your phone (or 800-273-8255 if using a Google Voice#)
 - TEXT: Enter 988
 - CHAT: www.suicidepreventionlifeline.org/chat/
- Suicide Prevention Hotline: 1-800-SUICIDE (800-784-2433)
- 911

Warmlines

- Texting for Self-harm support: Text CONNECT to 741741 (available 24/7)
 - Texting for Crisis support: Text HOME to 741741 (available 24/7)
 - Teens and Young Adults (available 24/7): <https://www.yourlifeyourvoice.org/pages/ways-to-get-help.aspx>
 - Warm Line: 1-800-448-3000
 - Texting to talk with a counselor: Text VOICE to 20121
 - Crisis Line via texting and WhatsApp (available 24/7) <https://www.crisistextline.org>
https://api.whatsapp.com/send/?phone=14437877678&text=HELLO&app_absent=0
 - Peer2Peer Warm Line (Certified Peer Specialists will listen, respond, and provide support): 888-945-1414
 - The Trevor Project (LGBTQ) www.thetrevorproject.org/get-help/
- For help:
Text 'START' to 678--678

Call to talk at 866-488-7368

Chat by going to www.thetrevorproject.org/get-help/

- Substance Abuse Support and Prevention CARES Warm Line (call or text): 1-844-326-5400, 8:30am-11pm daily
- National Eating Disorders Association Helpline: 800-931-2237 (Online chat option available)
- Friendship Line (for individuals 60+ years): 1-800-971-0016 (available 24/7)
- National Alliance on Mental Illness (NAMI) – GA Chapter
Helpline: 770-408-0625; <https://namiga.org/resources/nami-georgia-helpline/>
** The NAMI-GA Helpline is available Monday-Friday, 9am to 5pm. Please leave a message if a resource specialist is not available and you will receive a callback as soon as possible. You may also reach the Helpline by email at helpline@namiga.org. Please leave a phone number if you would like to be contacted by telephone.
- National Alliance on Mental Illness Main Helpline: 800-950-NAMI; or chat at text "NAMI" to 741741.
<https://www.nami.org/help>
- Georgia COVID 19 Emotional Support Line: 866-399-8938

Note: Warmlines are for support and can link you to a crisis hotline if you need support for suicidal thoughts or crisis. If you are in crisis and do not need a warmline, call 911 or Georgia Crisis and Access Line 1-800-715- 4225 available 24/7.

A Few Helpful Websites

- www.yourlifeyourvoice.org (Great site for teens and parents for tools, tips, and options for help)
- 7Cups: Online Therapy & Free Counseling with 24/7 Chat Option; <https://www.7cups.com/>
- www.mindful.org
- Wellness Guides https://med.emory.edu/departments/psychiatry/covid/wellness_guides.html
- Vibrant www.vibrant.org

Apps and Channels

- Your Life Your Voice (Teen App for Emotions Tracking that ALSO includes **integrated Text, Chat, Email, Call options** to speak with a counselor. These features are also listed above in the warmline section outside of the app itself)
- One Deep Breath (Guided Breathing App with a LOT of breathwork options)
- 10% Happier - App and Podcast
- Calm - App and YouTube Channel
- Do Yoga With Me - You Tube Channel
- About Kids Health (Youth Mental Health Animations) – YouTube Channel
<https://youtube.com/playlist?list=PLJtOP3StluXFJ3jjjR3THLhHNMrFFJkM>