

Healthy Coping Strategies to Maintain Wellness

Tools for Everyday Support...
or when you need a boost

Practice Gratitude!

Whether you use a note on your phone or give yourself an excuse to buy a new journal, keep track of 2-3 things that you're grateful for each day. Set a reminder on your phone or invite a friend to do it with you to hold yourself accountable!

Wellness Benefits of Practicing Gratitude:

- Lowers your blood pressure and heart rate
- Slows your breathing
- Shifts thinking patterns to be more positive and in the present



Snuggle a Pet!

Cozy up on the couch and watch a movie with your pet or settle down and take a nap together. If the weather's nice, spend time outside with your pet!

Wellness Benefits of Snuggling a Pet:

- Causes the brain to make and release feel-good hormones like oxytocin, dopamine, and serotonin
- Disrupts production of cortisol (stress hormone)



Get Enough Sleep!

Don't know where to start? Try utilizing the "Do Not Disturb" feature on your phone to quiet distractions when you're trying to rest. Create a nighttime routine for yourself and stick with it – which might mean saying no to late-night plans on school/work nights. When possible, avoid napping during the day, and limit screen time and caffeine use before bedtime.

Wellness Benefits of Getting Enough Sleep:

- Strengthens immune system
- Improves energy and mood
- Lowers stress levels

