Self-Care

When you are feeling overwhelmed

• Feeling anxious, bored, or irritable are normal and just your body’s way of telling you that things are different than usual right now. Just remember the feelings won’t be forever.

• Focus on what you CAN control to manage feelings of anxiety and distress.

• Remember, it’s ok to not be doing everything perfectly. Do your best and take it day by day. Every morning we have a chance to start over.

• Try to get outside and walk a little every day.

• Drink lots of water, eat healthy foods, and get adequate sleep.

• Take deep breaths [https://www.youtube.com/watch?v=hJunVgL_MQ](https://www.youtube.com/watch?v=hJunVgL_MQ)

• Pick a memory that makes you smile and feel safe and think of it every day.

• Play a song that always made you happy - make a dance party out of it!

• Play with your pet or hug a (willing) family member.

• Call or message a friend daily just to check in.

• Write your future self ([futureme.org](http://futureme.org) is one neat way).

• Limit watching or consuming news to a small amount of time every day.

• If you are feeling helpless, hopeless, or overwhelming anxiety please reach out to a mental health professional. Thanks to telehealth you do not need to leave your home and help is only a click away.

Montgomery County Crisis Center (24/7)
240-777-4000

[DHHS](http://www.dhhs.maryland.gov)
[Child & Adolescent Behavioral Health Services](http://www.cabhhs.org)