

## 11. Take care of your emotional health

*It's important to rest and relax*

- Limit media
- Take part in cultural traditions
- Engage in your spiritual practice of choice
- Practice mindfulness by focusing on your breath

## 12. Ask for help or professional support

*Professional help can make a difference*

- It's OK to ask for help
  - Ask your doctor for a mental health provider
  - Prepare questions for the provider
  - Determine your insurance coverage
- Or ask your local Community Health Center about free or low-cost services

***“Asking for help is a sign of strength!”***

# TAKE A SCREEN



Mental health conditions are common and treatable.

Take a mental health screening (QR code) or visit [www.noshamegethelp.org](http://www.noshamegethelp.org)

### Help is Available

**Suicide & Crisis Lifeline - Dial 988**

**Crisis Text Line - Text ALOHA to 741-741**

**MIIA**  
Mental Health America  
of Hawai'i



**12 Tools for  
Mental  
Wellness**

These **12 TOOLS** can help you cope with challenges and protect *your mental wellness*

### 1. Connect with family and friends

*You feel better when you feel supported*

- Spend time with family and friends
- Join a group or take a class

### 2. Focus on the positive

*Positive thoughts lead to healthy behaviors*

- Focus on things you are grateful for
- Have hope and faith in good outcomes

### 3. Breathe deeply daily

*Breathing helps to calm your body and mind*

- Sit comfortably
- Breathe slowly into your belly
- Release any thoughts that come up

### 4. Enjoy healthy foods

*Your body and brain need nutrients*

- Prepare food ahead of time
- Eat regularly to increase energy
- Avoid processed food & sugary drinks
- Eat balanced meals and snacks with fruits, vegetables, grains, and protein

### 5. Move your body daily

*Being active helps release stress*

- Set aside time for your activity
  - Make it social
  - Do activities you enjoy
- You're more likely to keep doing it!

### 6. Get plenty of sleep

*Sleep helps you to cope better*

- Make sure your bedroom is comfortable
- Write down any worries before sleep
- Avoid the following before sleep: Work, TV, food, alcohol, and caffeine

### 7. Love and believe in yourself

*You are enough!*

- Remind yourself of your strengths and your beauty daily

Practice  
**DEEP-BREATHING**  
exercises at least once a day



### 8. Laugh and create joy

*Fill your life with things you love*

- Do something you love regularly
  - Listen to music
  - Laugh with family and friends
- Laughter is great medicine!

### 9. Show kindness to others

*Helping others improves your health*

- Help doesn't need to cost money
- You can help with time or skills
- A smile can create happiness in others

### 10. Spend time outside in nature

*Nature helps reduce stress and anxiety*

- Go to a beach, forest, or garden
- Breathe in clean air
- Notice the sounds of nature
- Notice how you feel