

MENTAL HEALTH IS VITAL TO OUR HEALTH

Struggling is part of the human condition. We all experience difficult times, and we each have our own way of coping. Here are some things you can do today that may be helpful ...

ADDRESS YOUR DAILY NEEDS

- Remember to hydrate and eat.
- Get plenty of sleep.
- Nurture meaningful connections.

TUNE INTO YOUR EMOTIONS

- Pause and notice how you're feeling.
- Label your feelings: joyful, sad, angry ...
- Are you feeling like yourself? *If not, it could be helpful to seek support.*

ACKNOWLEDGE THAT ...

- It's okay to struggle and not to feel okay.
- Life is both hard *and* beautiful.

Take a **SELF-COMPASSION BREAK!**

-  Notice and name the moment.
("This is a moment of suffering.")
-  Connect to common humanity.
*("Suffering is a part of life;
I am not alone.")*
-  Talk to yourself how you would talk to a friend.
*("I'm doing the best I can;
may I be kind to myself.")*

YOU'RE NOT ALONE.

All of us can become overwhelmed sometimes!

When your usual coping strategies aren't enough, it can be helpful to seek additional support.

⚠️ ARE YOU IN CRISIS?

If you're overwhelmed by distress or have thoughts that worry you, **reach out to your health care provider, call/text 988, or text "HOME" to 741741.**

Visit duke.is/WellBeing or scan the QR code below for more mental health resources!



**Duke Psychiatry
& Behavioral Sciences**
Duke University School of Medicine

Seeking help can look different for everyone, and we know it can be difficult to reach out.

The mental health system can be challenging to navigate. *Persevere—you are worth it.*

MENTAL HEALTH
MATTERS.
YOU MATTER.