Get the #SCOOP4Stress

Save the Date

SCOOP is an easy way for you to remember 5 ways to help manage stress during COVID-19 and beyond.

- **September 21st: Stay Connected** with friends and family password: 2xBMeFNg
- **October 5th: Compassion** for yourself and others password: 2gCZAJbD
- **October 12th: Observe** your use of substances password: uNrA8828
- **October 19th: Ok** to ask for help
- **November 2nd: Physical** activity to improve your mood

Miss an event? Click on the embedded link to play it back!

Stay connected with NCDHHS and the Community Engagement & Empowerment Team and get the **#SCOOP4Stress**

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Mental Health, Developmental Disabilities and Substance Abuse Services



S	**Stay connected to family and friends.**	Social connections build resiliency.
C	**Compassion for yourself and others.**	Self-compassion decreases trauma symptoms and stress.
O	**Observe your use of substances.**	Early intervention can prevent problems.
O	**Ok to ask for help.**	Struggling is normal. Asking for help is empowering.
P	**Physical activity to improve your mood.**	Exercise boosts mood and lowers anxiety.

HOPE 4 NC HELPLINE 1-855-587-3463

Register for the #SCOOP4Stress Virtual Event Series: https://tinyurl.com/SCOOP4Stress