

8 WAYS to protect your mental health

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Keep a journal

It's easier to write than talk sometimes. Journaling is a great way to process emotions happening during each day. Take a moment every night before bed and get your feelings out on paper. No one will see this but you, so be honest and express yourself freely.



Deep breathing

Breathe in like you are smelling a freshly baked cake, hold for one second, then breathe out like you're blowing out birthday candles. Deep breathing is a great way to calm your nerves before beginning a new day; take a few deep breaths before entering the school each morning.



Grounding techniques

- Count down from five in your head...5.4.3.2.1.
- Use these numbers to ground yourself in the here and now.
- Start by finding 5 things you can see in the room around you.
- Then list 4 things you can touch.
- Then state 3 things you can hear.
- Then 2 things you can smell.
- Lastly, 1 thing you can taste.
- You did it!



Ask for help

Remember, we are all in this together, and we are all struggling in our own ways. Don't be afraid to reach out and ask for help. We all need a little extra support right now. You can even call a Dayspring clinic and set up an appointment with a behavioral health provider, if you would like.



Build your support network

Reach out to your teacher, parents, classmates, or friends. Whether it be to get help on homework or exams, or just to have some social interactions and laughs, bring in other people to join you.



Pace yourself and plan ahead

It's hard to keep yourself accountable or meet deadlines without the teacher there to remind you. Plan ahead by utilizing a study planner to make it easier to manage your time and schedule. Set up notifications about upcoming due dates, exams, and reminders.



Routine, routine, routine!

Develop and engage in a daily routine from the time you get up, start class, eat lunch, take breaks, work on homework to brush your teeth, and go to bed. Routines can improve mental health, allow for more time to relax, decrease anxiety, allow for better sleep, and improve daily performance.



Calm-down box

Make a small box to keep objects in to help you relax. You can make this out of a crayon box. Some ideas for your box can be mint candy, chewing gum, stress ball, fidgets, play dough, etc. Get creative and have fun finding what works best for you!

We would love to talk with you!

If you find that you are struggling during the various restrictions and changes this school year, we would love to connect with you and help you get through it. Our behavioral health providers are trained professionals with a singular focus: improving the health and wellness of the communities we serve, one individual at a time.



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