

DURING TIMES OF CHANGE AND UNCERTAINTY IT IS IMPORTANT TO INCORPORATE SELF-CARE AND STRUCTURE INTO YOUR SCHEDULE. WHILE YOUR TYPICAL SELF-CARE ROUTINES MAY NO LONGER BE FEASIBLE THERE ARE WAYS TO STAY HEALTHY AND REMAIN CONNECTED.

Exercise increases energy levels and improves happiness

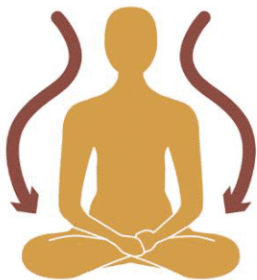


Yoga with Adriene is a YouTube channel with a diverse set of Yoga videos that range from beginner to expert.



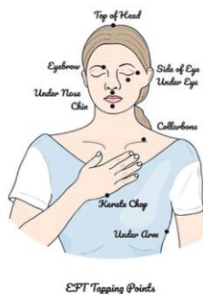
30-Minute Hip-Hop Workout ft. Mike pee is a fun dance workout. To find more free dance workouts, google Mike Peele Hip Hop Dance Videos.

Mindfulness helps achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgement



Take breaks throughout the day, first thing in the morning, or before bed to slow down and be present.

The practice of pausing, breathing and just “being” is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhance feelings of resiliency.



Tapping is a powerful holistic healing technique that resolves a range of issues. It's based on the combined principles of ancient Chinese acupressure and modern psychology.

Tapping video



Scan me

Social support helps us cope with the ups and downs in life

A social support network is very beneficial and likely something you already have! It provides the comfort of knowing that your friends or family are there for you if you need them. Reach out to them regularly; schedule a virtual coffee break with a friend, write a letter to family member, drop off some goodies on a friend's porch.

For extra help or support, our crisis counselors are here for you at



833-993-2382

You can connect AND be physically distanced.



Visit our website at: www.staypositivearkansas.com
Call our Crisis Support Line at 833-993-2382
Email: info@staypositivearkansas.com

WE WISH YOU WELL!

SELF CARE PRACTICES:



Scan me



Scan me



“Caring for others is important, but Covid-19 taught us that sometimes, by caring for yourself, you’re caring for others too”

SELF CARE TIPS:



How are your house plants?

BFF TALK



Call or Text an old friend

- Becca Kaye



Find a new show/movie to watch!



Sing-a-long to your favorite song!



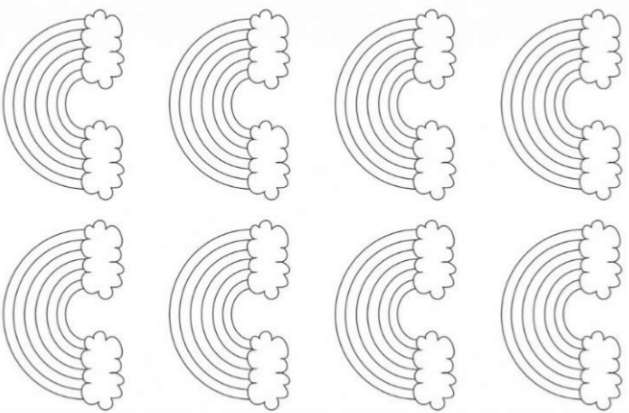
Promoting Positive Emotions

Visit our website at: www.staypositivearkansas.com

Call our Crisis Support Line at 833-993-2382

Email: info@staypositivearkansas.com

The Promoting Positive Emotions grant will end 6/2/2021. If you would like to speak to someone regarding supportive services after this date, please call Ozark Guidance at 479-750-2020



Color me!!

6 Steps to Belly Breathing

STEP 1
Sit in a Comfortable Position

STEP 2
Close Your Eyes

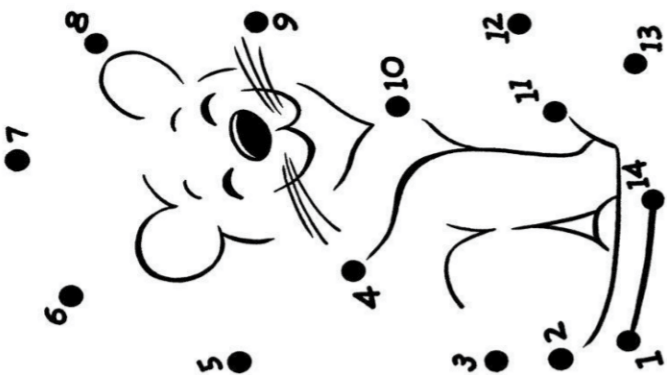
STEP 3
Breathe In Slowly and Count to Five

STEP 4
Feel Your Belly Fill with Air

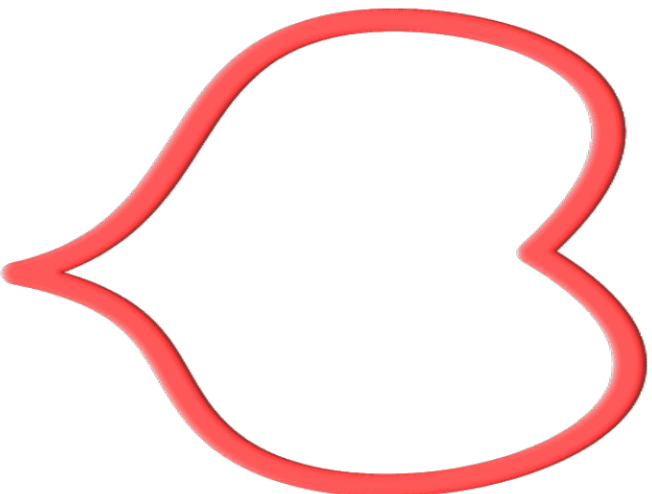
STEP 5
Breathes Out Slowly Through Your Mouth

STEP 6
Repeat the Cycle Five Times

Connect the Dots!



Fill the heart with things that make you happy!



Summer Scavenger Hunt

<input type="checkbox"/>	small flower	<input type="checkbox"/>	taste lemonade	<input type="checkbox"/>	feel wind	<input type="checkbox"/>	touch water
<input type="checkbox"/>	smell grass	<input type="checkbox"/>	taste ice cream	<input type="checkbox"/>	feel sunshine	<input type="checkbox"/>	touch dirt

Summer Safety Tips for Kids

- Stay Hydrated
 - Find Shade
 - Proper Clothing
 - Sun Protection
 - Plant Safety/Thorns
 - Bug Spray
 - Stranger Safety
 - Road Safety
 - Helmets
 - Eating in time
 - Temperature Fluctuations
 - Water Safety
-

Create a Summer Routine!

8:00 _____ AM

9:00 _____ AM

10:00 _____ AM

11:00 _____ AM

12:00 _____ PM

1:00 _____ PM

2:00 _____ PM

3:00 _____ PM

4:00 _____ PM

5:00 _____ PM



Summer Coping Skills & Self-Care Practices

Ozark Guidance | Services provided by **arisa health**

