

# Steps to Self-Care

Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. **Everyday** take a moment (or more) to take care of yourself.

## Exercise



Exercising **3** days a week decreases stress, increases energy levels and improves happiness

People who eat meals high in vegetables, fruits, whole grains, fish and nuts are **30%** less likely to develop depression



## Eat Healthy

## Sleep



**40%** of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety

**64%** of people feel refreshed and excited to get back to work after a vacation



## Time Off

## Get Outside



On average, Americans spend **93%** of their time indoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity

Laughter increases the release of “feel-good” endorphins and can lower blood pressure



## Laugh

## Practice Mindfulness



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

Close social relationships improve our self-confidence, and help us cope with ups and downs in life



## Talk with a Friend

## First Responder Crisis Resources

**Safe Call Now- 1-206-459-3020:** Helpline staffed by first responders for first responders and their family members. They can assist with treatment options for responders who are suffering from mental health, substance abuse and other personal issues.

**Crisis Text Line:** For people in crisis to speak with a trained counselor by texting “Start” or “Help” to 741-741.

**National Suicide Prevention Lifeline- 1-800-273-8255**

24/7 free support for you or your loved ones.

**211- Call 211 or text your 5-digit zip code to 898211:** Provides resource information on non-profit, social services, and government programs, along with providing crisis intervention services.

**Fire/EMS Helpline- 1-888-731-3473:** A call and text-based help service who also has a list of many good resources for people looking for help and support.

**Copline 1-800-267-5463:** A confidential helpline for members of US law enforcement. Their website also has additional information on help and resources.

## Training Resources

Request a Training at the [South Dakota Suicide Prevention](#) homepage from the following free trainings related to suicide prevention and mental health:

### Mental Health First Aid

The training helps individuals identify, understand, and respond to signs of mental illnesses. Offers specialty modules for military members, veterans & their families.

### Applied Suicide Intervention Skills Training (ASIST)

ASIST is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

### Question, Persuade, Refer (QPR)

Training to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR has specialty modules for Law Enforcement and Emergency Service Professionals.

### South Dakota Suicide Prevention Homepage

The South Dakota Suicide Prevention homepage also has specific resources for high-trauma professionals. Resources include individual and organizational self-care/resiliency guidelines.