

# BE KIND TO YOUR MIND


**Tips to level-up your mental health.**

From people who've been there at




**here tomorrow**


PREVENTING SUICIDE ONE CONVERSATION AT A TIME



Ever feel like your mind is having  
a rave and didn't invite you?



There's a lot going on in life and you  
may feel overwhelmed, alone, angry,  
empty, exhausted, or just simply sad.  
Guess what? That's so human.



**It's okay to not be okay.**



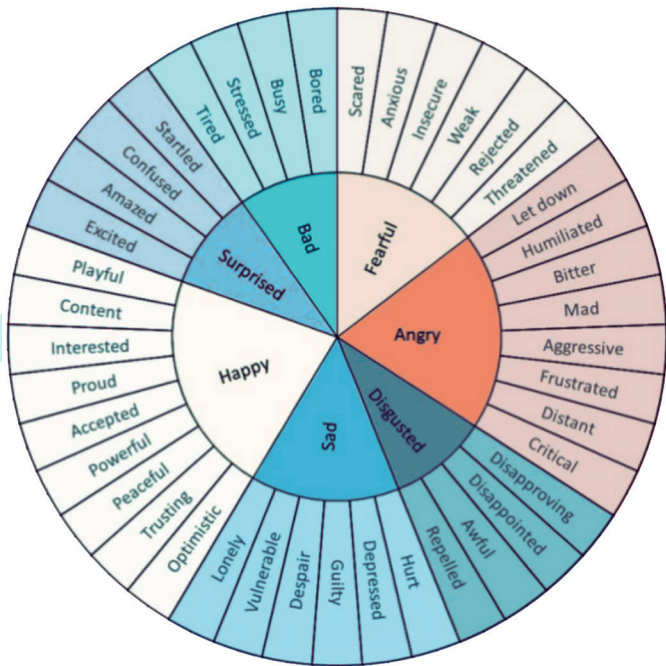


◀ We're glad you're here now, and choose to be  
**Here Tomorrow.** ▶

# identify your feelings

◀ The Feelings Wheel can make you aware of how you're feeling and what to do about it. ▶

Start from the center and work your way out to see how you're feeling.



# box breathing

When you need to, take a moment  
to calm your nervous system  
and lower your stress levels.  
Box breathing works to do both.

Tap your way around the box  
with this 4-4-4-4 pattern of  
inhale, hold, exhale, and rest.

INHALE



HOLD



REST



EXHALE

# snack on snack on snack

◀ Eat up some healthy coping skills. ▶

The **SNACK** method can remind you to check in on yourself when you're feeling overwhelmed or don't know what to do with your emotions.



**S**  
**STOP**

Pause what you're doing.  
How are you feeling?

**N**  
**NOTICE**

What's happening within and  
around you?

**A**  
**ACCEPT**

Welcome this thought or feeling  
without judgement. Say "hey"  
to the feeling. This is temporary.

**C**  
**CHECK-IN**

What do you need right now?  
Use your favorite coping skills.

**K**  
**KINDNESS**

Take time to do something good  
for yourself: Try shifting your  
mindset to a positive.

# coping skills

Coping skills can help you decompress and deal with difficult situations, emotions or thoughts.

Take small steps and try one out this week!  
If you don't see it sticking around,  
try a new one.



Hold an ice cube  
or flick an  
elastic band



Listen to music



Go outside  
or take a walk



Distractions—  
video games,  
pet an animal,  
paint nails



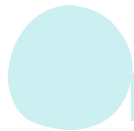
Read or write  
it out



Be creative—  
draw, take  
pictures, paint



Box breathing



Watch a funny  
show or movie



Write down three  
gratitude points



Drink a glass  
of water



Press against a  
wall as hard  
as you can



Talk to  
a friend

# don't get funky up

Sometimes, life puts you in a funk.  
When you start to spiral and  
have a tricky time getting out of it,  
try this mental upswing.

Reset my mindset.

Do it.

What tiny step  
can I take to  
meet my need?

What do  
I need  
right now?

Where do I feel  
it in my body?

What am  
I feeling?

**START**

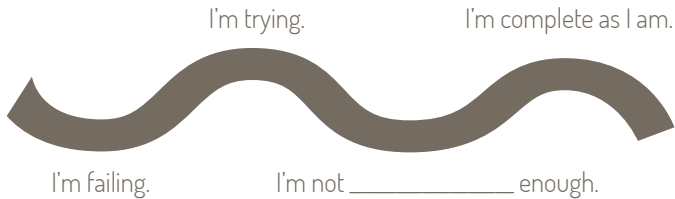
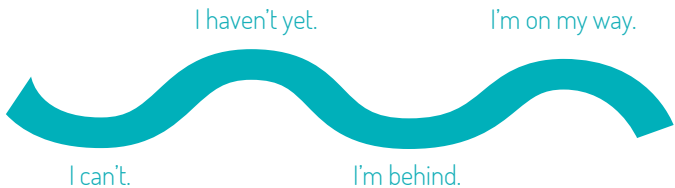
Feel my feelings.  
Sit in it.



# reset your mindset

◀ If you keep thinking negatively about yourself,  
you might start to believe it's true.  
Sometimes, you may even forget the  
GOOD things about yourself.

If this is the case, you gotta reset your mindset!



# say these out loud

My value is not  
attached to  
what I accomplish.

I am patient and  
compassionate  
with myself.

I believe in myself.

I am not responsible  
for other people's  
opinions of me.




There is more to this  
life than this moment;  
I choose to keep  
moving forward.

I am worthy  
of happiness.

I am confident that  
things are getting  
better, even if I'm not  
sure how or when.

It's okay  
to set  
my own  
boundaries.





Share this with friends or  
keep this in your backpack.  
We're glad you took the time to  
treat yourself and your  
mind kindly. We want you  
**Here Tomorrow.**

**Here Tomorrow**  
is here so you can be here tomorrow.

See how Rea's life was turned around:





• No wait • No cost • 365 days of support

**HereTomorrow.org**

- Inspiring hope
- Normalizing conversations about mental health
- Help when you need it most

## Here Tomorrow

Our mission is to transform lives by building a community where suicide prevention is accessible without barriers.



It's okay to not be okay.  
It's also okay to ask for help.

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Call 904-371-2900

HereTomorrow.org

