

Quick Post #3 - Mental Health Awareness Month

News and current events can bring overwhelming feelings of anger and sadness for many. These are real and valid feelings. It can be scary when we feel overwhelmed or controlled by anger or sadness, however valid it is. When that happens, try to connect with your physical body and the environment around you to stay grounded. What are five things you see? Four things you hear? Three things you feel? Two things you smell? One thing you taste? Find more tips: https://www.samhsa.gov/dtac/disaster-survivors/coping-anger-after-disaster?fbclid=IwAR0oRjZ6RwX9BQ73EkobOKPB5ZkfFajqU4XJ1dtljJoeATW_HIziL492CM0. Remember, the Disaster Distress Helpline is available 24 hours a day, every day for crisis counseling and to support those experiencing distress 1-800-985-5990.