

NH Department of Education

Healthy Habits for Well-Being

When things are changing fast, it is important to notice when you or someone you care about is feeling "blah." By practicing healthy habits, we can keep our minds and bodies healthy while helping those around us do the same.



Take Care of You

- Take care of every part of you - mind, body and heart!
- Eat and drink healthy foods
- Get enough sleep
- Stay active - it helps you feel healthy and positive!

Check In with Yourself

- Be aware of how you are feeling
 - Tell loved ones if you are not feeling like yourself
- Remember: It is normal to feel different feelings but is important to talk about it!**

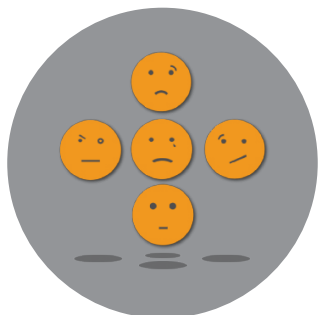


Connect Creatively

- Find creative ways to stay connected with family and friends
- Balance alone time and time with others to help you get used to a new routine

Relax

- Practice what works for you during stressful times
- Try new activities - you just may find a new hobby that you love!



Know the 5 Signs

People look and act different when they are not feeling like themselves. The 5 signs are a great way to tell if someone you care about needs help. Flip over for the 5 Signs and suggested activities to help in difficult times!

Know The 5 Signs

The 5 Signs from the Change Direction campaign are simple and healthy ways to maintain wellness of our minds and bodies.



Not Feeling Like You?

When you begin to notice a behavior change in you or others:

- Move your body: walk, exercise, stretch, dance, yoga
- Read a new or favorite book
- Watch an inspiring or favorite childhood movie
- Do something special for someone
- Reconnect with an old friend or relative
- Write letters or cards to distant friends and family
- Make a wish list of hopes and dreams



Feeling Agitated?

When you or a loved one struggles to control anger, frustration or mood:

- Listen to music that makes you feel good
- Practice mindfulness
- Connect with a trusted friend or neighbor
- Be creative: draw, paint, color, write, doodle, journal, dance
- Limit news media and replace with soothing, fun activities
- Exercise and stay active, move your body



Feeling Withdrawn?

When you or a loved one withdraws or isolates themselves:

- Balance alone time and find ways to be around supportive people in and out of your home
- Create a group chat to share creative coping skills
- Join or create a virtual lunchroom or dinner room
- Eat a meal with your family over a fun game
- Play games and have some fun; laugh and be silly



Poor Self-care?

When you or a loved one stops taking care of themselves or participates in risky, harmful behavior:

- Keep up with self-care like showering and bathing
- Pamper yourself with something extra
- Cook a new or favorite healthy meal or snack
- Try a new form of physical activity or set a new fitness goal
- Get solid sleep and rest each day
- Stay hydrated with healthy drinks like water, juice and tea
- Avoid junk food



Feeling Hopeless?

When you or a loved one seems to have given up hope, is self-harming or thinking/talking about suicide:

- Don't be alone. Connect with a trusted friend, neighbor or family member and tell them how you feel
- Call a HELPLINE or reach out to other resources*
- Create a list of accomplishments, no matter how small
- Take one day at a time
- Recite positive self-affirmations

***FREE CRISIS HELP IS AVAILABLE 24/7 by trained professionals:**

CRISIS TEXT LINE: Text SIGNS to 741741 NH211: www.nh211.org or DIAL 211