

I DON'T KNOW HOW TO CARE FOR MYSELF IN STRESSFUL TIMES

Webinar Resources



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REPLAY LINK: [HTTPS://VIMEO.COM/1035387834](https://vimeo.com/1035387834)

Self-care

Prioritizing self-care: bit.ly/4eZH51L

5 Minute self-care ideas: bit.ly/3B4n8cq

Self-care that cost next to nothing: bit.ly/4impOTL

Emotional awareness and stress management

Virtual Me Moments Hub: bit.ly/4idWD53 (english)
bit.ly/3Ba1ZNZ (español)

Fostering self awareness when challenging emotions arise: bit.ly/4f5mysP (english)
bit.ly/49qjJkX (español)

Boundary setting: bit.ly/3ODbJmS

Present parenting

Intentional child-time: bit.ly/3ZooLcQ

Quality time in no time: bit.ly/3VnPHbC (English)
bit.ly/3DbtTsh (español)

Reframing expectations and building connections

Thriving through the holidays tips to spread joy and connection: bit.ly/49p8YyY

Holiday traditions build connections: bit.ly/3VnXFSe

Creating new holiday traditions: bit.ly/3BhBPJ5

Support

Find a therapist: bit.ly/3zbGMBL

988 Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org

SAMHSA's National Helpline

1-800-662-HELP (4357)

Suicide prevention: bit.ly/3U0ahNJ

Share text crisis line with teens:

<https://www.crisistextline.org>