

**TAKE DEEP BREATHS**



**BE KIND TO YOURSELF**



**EAT A HEALTHY SNACK**



**SLOWLY COUNT  
TO 10**



**STRESSED OR ANXIOUS?  
TRY THESE FOR QUICK RELIEF.**

**WRITE IN A  
JOURNAL**



**MOVE YOUR BODY**



**TALK TO SOMEONE  
YOU LOVE**



**STRETCH**



[go.unmc.edu/cs-cash](http://go.unmc.edu/cs-cash)



@unmccscash

Funding provided to Central States Center for Agricultural Safety and Health by NIOSH AFF Grant U54OH010162





**Dial 988**  
**Or chat [988lifeline.org](https://988lifeline.org)**

**Find more resources at**  
**[go.unmc.edu/cs-cash-mental-health](https://go.unmc.edu/cs-cash-mental-health)**

