

For all of us today looking to keep our mind and body healthy ... here are five things to help you maintain a positive outlook in this difficult time.

### **1. Gratitude**

Have a sense of gratitude; there are still things to be thankful for. For those who have a job, be thankful for that. For those who don't, that you have people around who care for you. There are many things to be thankful for; an awareness of the good things is the sense of gratitude.

### **2. Routine**

Maintaining a rhythm and routine for each day provides a sense of stability and familiarity that is comforting to most people.

### **3. Helping Others**

Find a way to help others. As difficult as life may feel to us right now, there is ALWAYS someone who is having a harder time. That is not to diminish our own difficulties, but helping someone else out truly creates a sense of well-being. Helping others helps you feel better about yourself and your own life.

### **4. Faith**

One thing that has proven very important for many people is basic faith practices. Prayer is one that's mentioned often. Gathering with a friend or two, even virtually, to talk about faith and meeting challenges these days can be important to some people.

### **5. Stop and Smell the Flowers – Look at the Stars**

Look around and find some sense of creation around you. Whether it's noticing the trees beginning to bud, or if it is simply a pet you have that you love spending time with – that can really fill you up and give you a hopeful sense about the day.

These things – and others – can help maintain a sense of continuity in your life right now, however, if over days and weeks your distress or stress symptoms are escalating, or you feel you are not coping, seek help and professional support.

**Suicide Prevention Network can help if you need to talk! We are here for you!**

**Please give our office a call if you have questions or concerns.**

**775-783-1510. Or visit our website [www.spnawareness.org](http://www.spnawareness.org)**

