



Tips on Coping with Stress

1. Talk to a person you feel comfortable with.
2. Curb over-competitiveness, adjust your goals and priorities.
3. Keep physically active, take breaks, go on small vacations.
4. Get enough sleep and rest.
5. Get rid of bottled-up anger and frustration through exercise or some sort of physical activity or hobby.
6. Put humor in your life, learn to laugh at yourself, enjoy humorous events.
7. See your doctor for a check-up.
8. Whenever possible, plan your work or activities to avoid too many big changes coming at the same time.
9. Self-medication is dangerous. Do not take drugs unless prescribed by your doctor.
10. Get help from a mental health center, your family doctor, other professionals such as clergy, your employer or school advisor or your local mental health association.

Courtesy National Institute of Mental Health



SHIAWASSEE COUNTY COMMUNITY
Mental Health Authority

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There's more to me than what you see.

People should not be characterized by the disorders they suffer. There is more to a person than this. Searching out people's abilities is of more value than reinforcing notions about their disabilities.

A True Story from Shiawassee County

A group of children were playing in the park and saw several adults with developmental disabilities who were also at the park and who were picking up trash and raking leaves. One of the children began to call out "crazy" and "looney" and laughed at the adult workers. On that day, a teenager approached the child and asked if he knew what the people were doing. She explained to the boy that these adults were employees and volunteers working to make the park a better place for the boy and his friends to play in. She reminded him that the workers were friends, neighbors, and people who live in the community. Without them and their contribution, the community would be incomplete. And she was informed enough to explain that developmental disabilities can happen to anyone, maybe from birth or maybe from an accident. The boy understood and apologized. On that day someone was an unlikely advocate and teacher.

Will you be the advocate tomorrow?

Will you share a positive message about mental health?

www.shiacmh.org