

Taking Care of Me!

There are many things we can do to take care of ourselves; physically, emotionally, and mentally. Sometimes, a change in one area can positively impact change in other areas. Here are some ideas to consider.

Physical Health:

- Eating nutritious foods
- Exercising
- Drinking plenty of water
- Getting good sleep

Emotional Health:

- Learning to say no (or some other sentence to create distance/boundaries) to unhealthy people, places, activities
- Growing your circle of friends and support system
- Improving self-confidence by taking on new hobbies, skills or tasks

Mental Health:

- [Relaxation techniques](#) can help us move through any disturbing/upsetting feelings. When practiced often, they can become a tool for maintaining a healthy mind set. Some methods to try include:
 - Focused breathing
 - Body scan/muscle relaxation
 - Guided imagery
 - Meditation Repetitive prayer/saying
- **Individual Therapy** – Some people benefit from talk therapy. The Helpline Center has Resource Guides to assist you in finding a therapist that specializes in areas of your concern.
 - [Sioux Falls Mental Health Guide](#)
 - [Black Hills Behavioral Health Guide](#)
 - [Brookings Area Mental Health Guide](#)
 - [Telemental Health Guide](#) (For Telemental health services across South Dakota)
- **Medication Assessment** – Sometimes, individuals need medications to help provide their brains with the balance of chemicals that it needs to function at its best. A psychiatrist is a doctor that can help you with that. Call to set up an initial assessment.

Natural / Alternative Therapies:

Some people find natural therapies helpful such as vitamins/supplements, yoga, acupuncture, essential oils, massage, etc. Please consult with your physician.

Online Resources / Apps:

There are some great e-resources to help you learn more about taking care of yourself. Try online searches for apps focused on:

- Breathing and calming
- Mindfulness
- Stress-breaking
- Meditation
- Improving sleep

Not all apps and resources are equally useful. Both Substance Abuse and Mental Health Services ([SAMHSA](#)) and the National Institute of Mental Health ([NIMH](#)) are good sites to check if you have doubts about suggested methods you come across in your search.

For more information, call 211 or search our online database at:

- helplinecenter.org/211database
- Use the following keyword search terms:
 - Mental Health Screening
 - Individual Counseling
 - Psychiatric Medication Services

Sources:

- American Psychological Association <https://www.apa.org/helpcenter/controlling-anger.aspx>
- Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>
- Harvard Medical School <https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress>

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