

# HAVING A ROUGH DAY?

## CHOOSE ONE LETTER TO FOCUS ON!

S

**SLEEP:** Try to get 4-5 hours of sleep in a row tonight.

U

**Understand:** It's ok to not be ok, but know there are resources that can help you here in Thurston County.

N

**Nutrition:** Feed your body, even if it is something small like crackers or a piece of fruit.

S

**Support:** Share your feelings with a friend. Find a support group. Ask for help when you need it.

H

**Humor:** Laugh today! Watch a funny movie or funny animal videos, call a friend, or play with your animals.

I

**Indulge:** Either with your favorite candy or by visiting your favorite place, like the zoo!

N

**Nurture:** Do something for you. Be in nature, practice music, art, meditation, take a class, or see a friend.

E

**Exercise:** Find a way to move your body for 10-20 minutes. Try yoga, stretching, walking, or dancing.