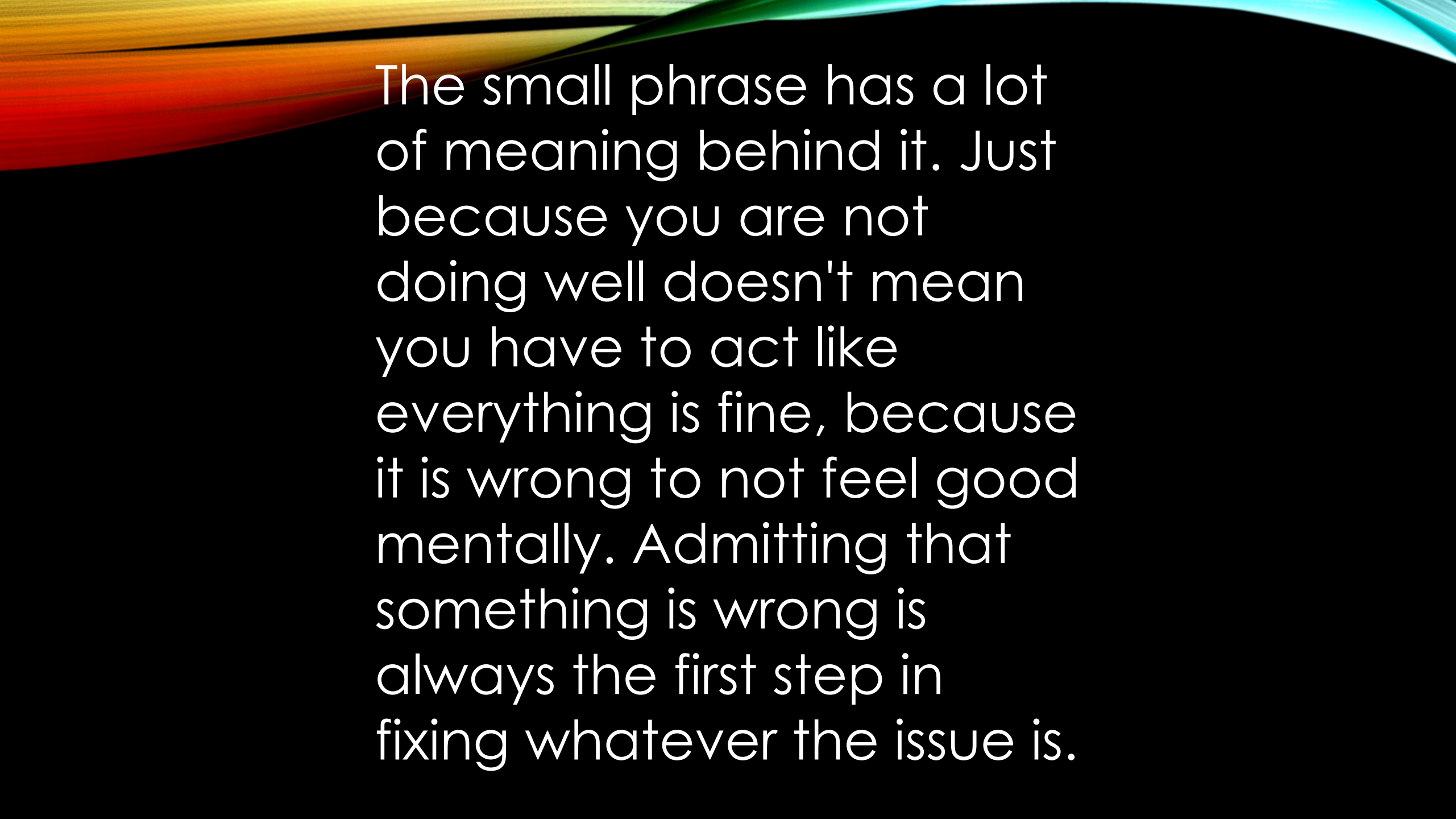




*IT'S OK TO NOT BE  
OK*



The small phrase has a lot of meaning behind it. Just because you are not doing well doesn't mean you have to act like everything is fine, because it is wrong to not feel good mentally. Admitting that something is wrong is always the first step in fixing whatever the issue is.

# WHAT IS OK?



**OK**

Fair  
To Meddlin

acceptable

average

Well  
enough

satisfactory

Fine

adequate

All  
right

Not  
bad

ITS OKAY  
NOT TO BE  
OKAY

---





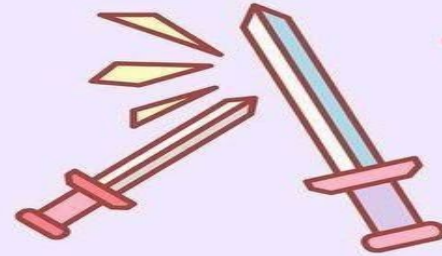
# It's okay



If you  
do nothing  
some days



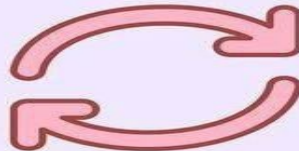
If you outgrow  
people



If you  
battle with  
bad habits



If you struggle  
to accept help



If you re-make  
mistakes



if you're not  
there yet

@theself\_carekit

# Ten Reasons Why Its OK to Not Be OK

1. Mental Health- We all have mental health, it lies on a continuum and depending on situation or circumstance we can fluctuate from thriving to ill
2. Human- Because we are all human and will experience a range of emotions. Not feeling Ok confirms you are human
3. Emotions- Because you can use you emotions to assess how you feel
4. Perfection- Because its not always possible to be the best version at all times of ourselves
5. Reflection- Because sometimes we need to slow down, breathe and reflect
6. Worse- Because hiding how you feel can make you feel worse
7. Better- Because acknowledging your feeling is bringing you one step closer to feeling better
8. Struggle- Because no one should feel afraid to admit when they struggle
9. Signs- Because we need to stop and listen to the signs to understand our bodies and how we work
10. Strength- Because feeling Emotions makes us stronger

IT'S **OK** TO FEEL:  
.....



EVERYBODY FEELS THAT WAY SOMETIMES.  
WE DON'T LIKE IT, BUT IT DOESN'T MAKE US WEAK. IT MAKES US

**HUMAN.**

AND IT HELPS TO TALK ABOUT IT.

©elisegravel



# FREE Daily Emotions Check-In

## 5 Steps for a Daily Emotions Check-In



**P**

Pause and breathe for a moment.



**A**

Ask yourself how you feel.



**S**

Say the emotion words out loud or write them on paper.



**T**

Think about your feelings. Sit with them and let them be.



**A**

Ask yourself what you need. Say or list what could help you move forward.



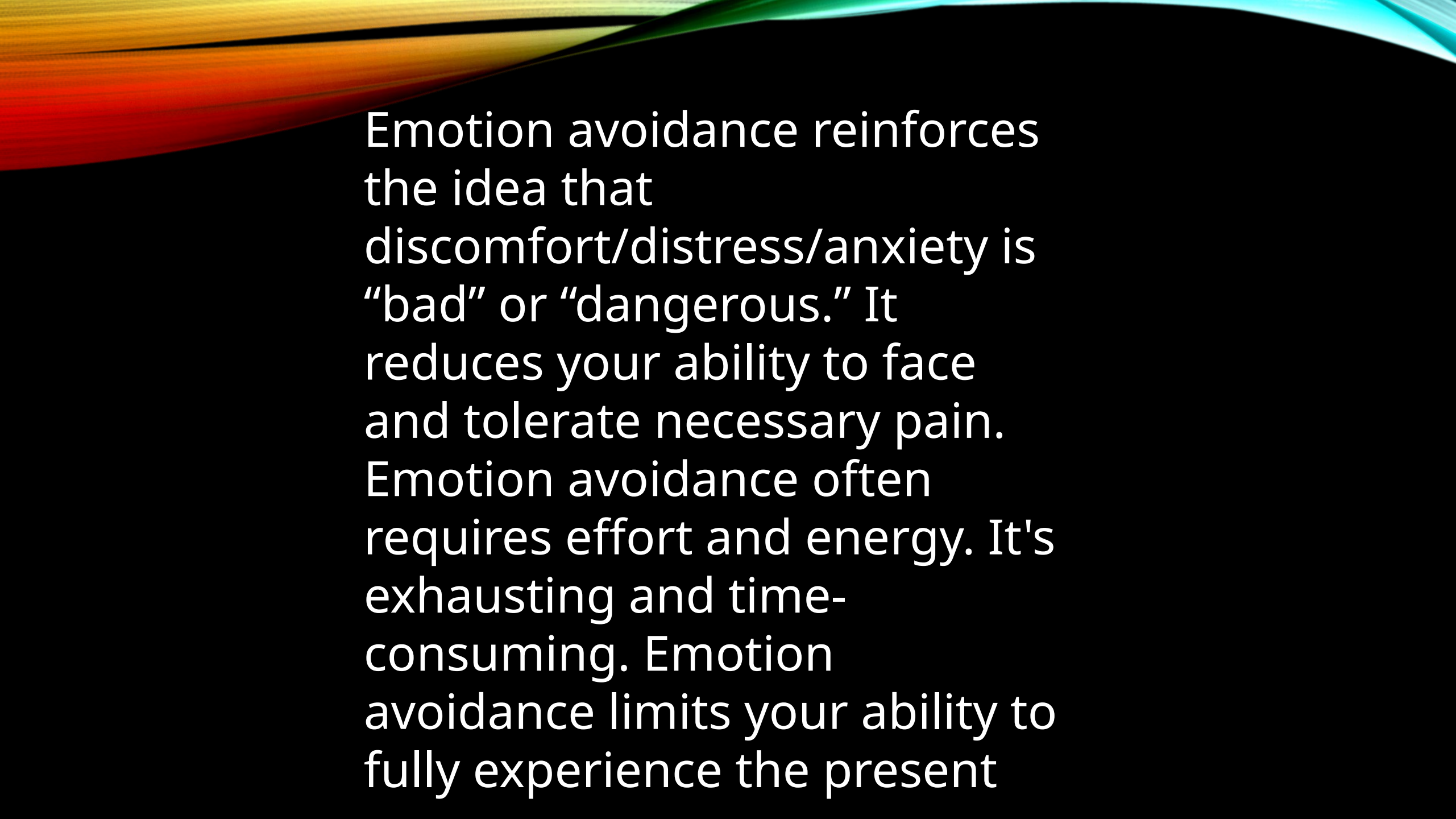


Its ok not to be perfect.  
Your imperfections are  
what make you YOU.  
People Like REAL People  
Flaws and All.....



## *SELF CARE*

*You Are Worth the Quiet Moment  
You Are Worth the Deeper Breath  
You Are Worth the Time it Takes  
To Slow Down, Be Still and Rest*



Emotion avoidance reinforces the idea that discomfort/distress/anxiety is “bad” or “dangerous.” It reduces your ability to face and tolerate necessary pain. Emotion avoidance often requires effort and energy. It's exhausting and time-consuming. Emotion avoidance limits your ability to fully experience the present

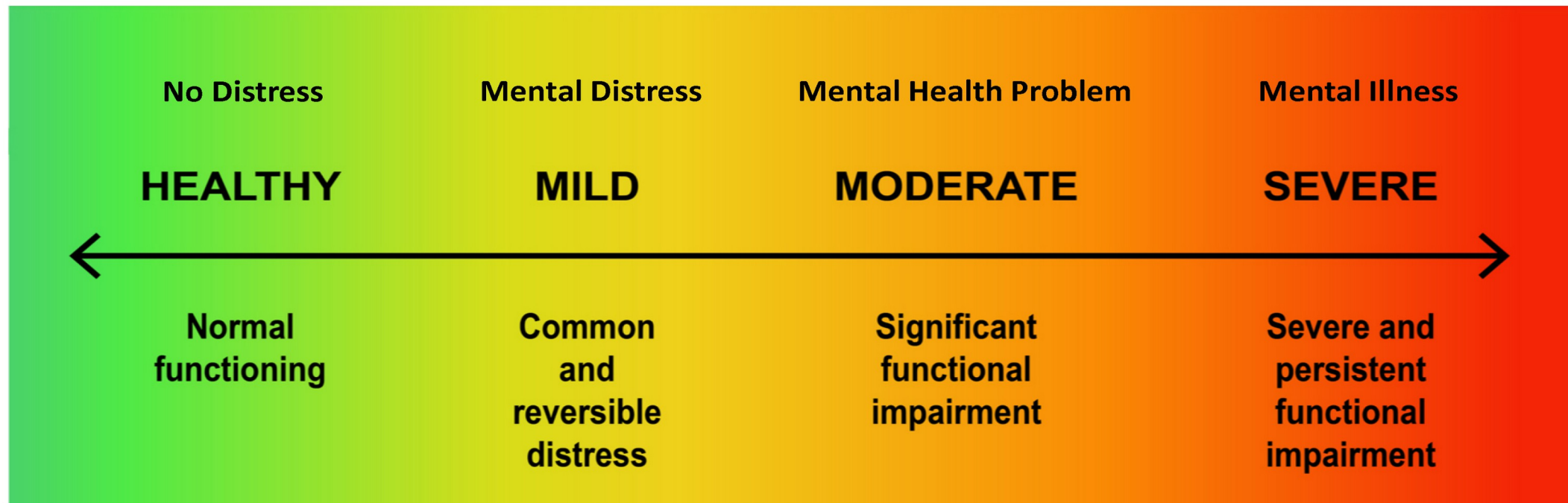


## Acceptance

When we don't accept a situation, our struggle against doing so can make the situation even worse.

**Acceptance doesn't mean you have to like the situation** or that you can't work to change it. It simply means you acknowledge it. That's the place to start.

# Mental Health Continuum



# How to Ask for Help *When You're Struggling*



Talk to someone you trust

Write it , don't speak it

Know that its ok if you don't have everything figured out

Use your hotline resource

BHR, talk hotline, texting crises line, National Suicide Prevention Hotline



### **Signs to look out for**

- Lacking energy or feeling tired
- Feeling exhausted all the time
- Experiencing 'brain fog', find it hard to think clearly
- Finding it hard to concentrate
- Feeling restless and agitated
- Feeling tearful, wanting to cry all the time
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things and tasks
- Experiencing 'burn out'



**PHYSICAL  
SYMPTOMS  
OF STRESS**

Memory  
loss

Teeth  
grinding

headache

insomnia

fatigue

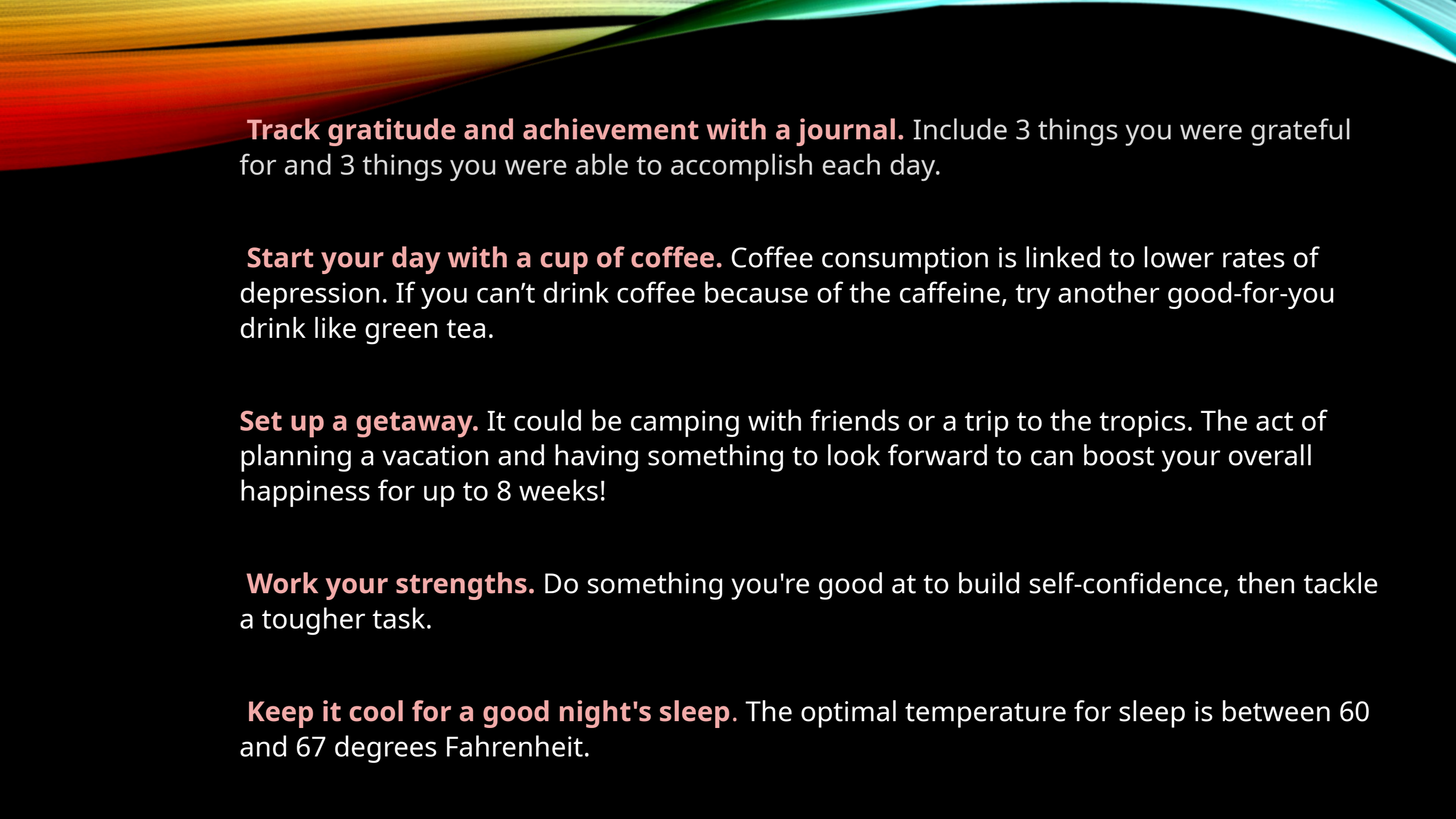
Physical  
pain  
(back,  
neck ,  
ect.)

Chest  
pain

dizziness

# How Do you Boost Your Mental Health?





**Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.

**Start your day with a cup of coffee.** Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.

**Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

**Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.

**Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.

6. ***"You don't have to see the whole staircase, just take the first step."*** - Martin Luther King, Jr. Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.

7. **Experiment** with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

8. **Show some love to someone in your life.** Close, quality, relationships are key for a happy, healthy life.

9. **Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days.** The flavonoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.

10. ***"There is no greater agony than bearing an untold story inside of you."*** -Maya Angelou. If you have personal experience with mental illness or recovery, it, your story could be the next chapter in someone elses book



**Sometimes, we don't need to add new activities to get more pleasure.** We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.

**Feeling anxious? Take a trip down memory lane and do some coloring** for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.

**Take time to laugh.** Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

**Go off the grid.** Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.

**Dance around while you do your housework.** Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

**Go ahead and yawn.** Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.

**Relax in a warm bath once a week.** Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

**Has something been bothering you? Let it all out...on paper.** Writing about upsetting experiences can reduce symptoms of depression.

**Spend some time with a furry friend.** Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

***"What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen."*** - Henry David Thoreau. Practice mindfulness by staying "in the present."

**Be a tourist in your own town.** Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.

**Try prepping your lunches or picking out your clothes for the work week.** You'll save some time in the mornings and have a sense of control about the week ahead.

**Work some omega-3 fatty acids into your diet**—they are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.

**Practice forgiveness** - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.

***"What appear to be calamities are often the sources of fortune."*** - Disraeli. Try to find the silver lining in something kind of cruddy that happened recently.

**Feeling stressed? Smile.** It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

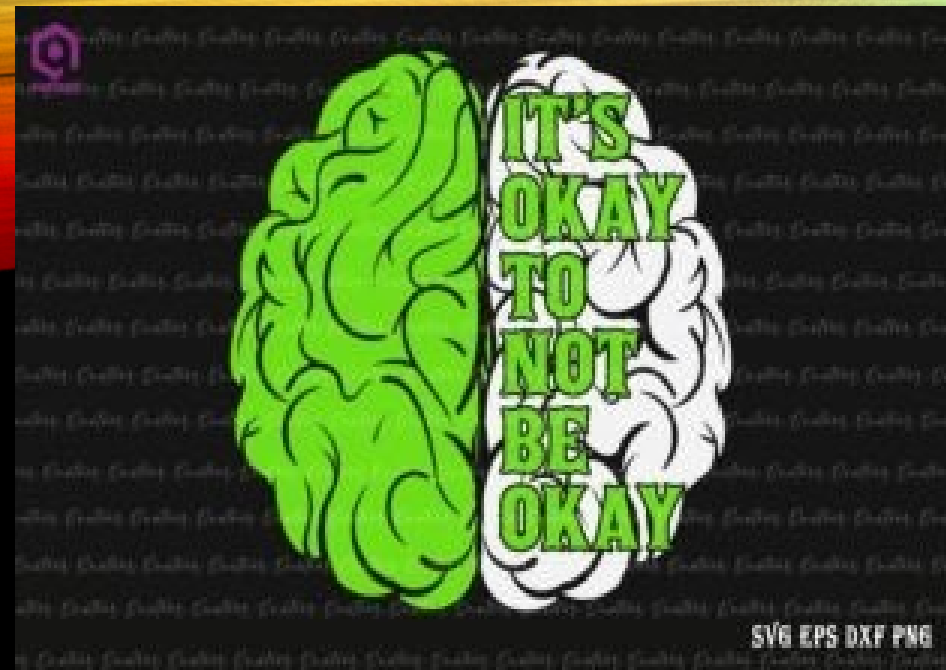
**Send a thank you note** - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.

**Do something with friends and family** - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.

**Take 30 minutes to go for a walk in nature** - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

**Do your best to enjoy 15 minutes of sunshine**, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

***"Anyone who has never made a mistake has never tried anything new."*** -Albert Einstein. Try something outside of your comfort zone to make room for adventure and excitement in your life.



Prioritize your mental health  
As if your life depends on it ,  
.....  
Because it Does.

Mental Health .....is not a  
Destination, but a process.  
It's about how you drive,  
Not where you're going.

