
SELF HELP TIPS

Eat 3 healthy meals a day or 6 small snacks a day.

Walk outside for atleast 15 minutes a day.

Send a funny meme/emoji to someone you care about daily.

Play uplifting music.

Call someone you care about daily (friend or family).

Volunteer- www.sparkthechangecolorado.org

If religion is important to you, pursue it; if not, don't.

Consider counseling - you can find resources on our emotional wellness page.

