

# Get the SCOOP on Managing Stress

It's important to make sure you are taking care of your mental health. Behavioral health is core to our overall health. More than 3 million people across North Carolina have mental health or substance use disorders. There are actions you can take, and resources available, to help maintain your mental health. Specific steps you can regularly take to improve and maintain your mental wellbeing are below.

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| <b>S</b> | <b>Stay connected to family and friends.</b>   | Social connections build resiliency.                  |
| <b>C</b> | <b>Compassion for yourself and others.</b>     | Self-compassion decreases trauma symptoms and stress. |
| <b>O</b> | <b>Observe your use of substances.</b>         | Early intervention can prevent problems.              |
| <b>O</b> | <b>Ok to ask for help.</b>                     | Struggling is normal. Asking for help is empowering.  |
| <b>P</b> | <b>Physical activity to improve your mood.</b> | Exercise boosts mood and lowers anxiety.              |

**988 SUICIDE AND CRISIS LIFELINE. CALL OR TEXT 24/7.**

