

Mental Health Awareness

You're running late and traffic was rough heading to work. After a hectic day at work, you're ready to just relax, however, the kids have other plans. When you finally get some time to yourself, you're left feeling exhausted and overwhelmed.

We have a lot of important things going on in our lives but don't forget that it's okay to prioritize yourself. Next time you're feeling overwhelmed, try these tips to help you relax:¹

Take a deep breath and step away.

Step away from the situation to create some separation between you and whatever is making you feel this way. Close your eyes and tune into your breathing. A quick way to relieve those feelings is by doing breathing exercises. The 4-7-8 breathing technique involves inhaling through your nose for 4 counts, holding your breath for 7 counts, and exhaling through your mouth for 8 counts. Repeat the process and do this 3-5 more times.²

Focus on activities you enjoy.

Are you ready to finally give rock climbing or that hot yoga class a try? Carving out time and space for the things you want to do gives you a sense of control over your schedule. Don't be afraid to say no to things you don't want to do...healthy boundaries are crucial for your well-being!


Give yourself some grace.

Acknowledge when you're feeling overwhelmed instead of trying to push through it or brush it off. Be kind and forgiving and know you have options. You didn't get around to all the yard work you had planned this weekend? There's always next weekend. Your mental health is a top priority.


Ask for help from a loved one.

Whether they are near or far, don't be afraid to lean on your social support network if you need to vent or just want to talk.

Scan the QR code for a quick, soothing yoga practice!



1. National Council for Mental Wellbeing. (2021). How to Take Care of Yourself When You're Feeling Overwhelmed - Mental Health First Aid. Mental Health First Aid. <https://www.mentalhealthfirstaid.org/2021/03/how-to-take-care-of-yourself-when-youre-feeling-overwhelmed/>
2. How To Do the 4-7-8 Breathing Exercise. (2022). Cleveland Clinic. <https://health.clevelandclinic.org/4-7-8-breathing/>

When things get too much for your mind and calming workouts just aren't cutting it, channel that energy toward these 7 moves instead!

THIS IS HOW I COPE

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes

20 punches **20 turning kicks** **20 punches**
20 front kicks **20 punches** **20 knee strikes**
20 punches

1. How I Cope Workout. (2023.). Darebee. Retrieved July 5, 2023, from <https://darebee.com/workouts/how-i-cope-workout.html>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you. Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



@AF_HealthPromotion_HQ



@AirForce_HP



Air Force Health Promotion HQ

Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| | | | | |
| | | | | |