

Email Message

Stress is part of life. But without healthy ways to manage it, we end up pushing through tough times by ourselves — or by using substances. And that can have serious effects on your health. Building successful coping methods is a process, but these tips can get you on the path toward better physical, mental and emotional wellness.

If you need help right now, call, text or chat 988 to get confidential support for suicidal thoughts, substance use concerns or anything else you're going through.

1. Take care of your body.

Your mental and physical health usually go hand in hand. Getting proper sleep, nutrition and exercise can have a real effect on your mood and ability to handle stress.

2. Stay connected to your support system.

Whether you're talking things through or just spending time around the people who care about you, relationships are essential for stress management. They can help you see challenges from a new perspective and remind you that there are people on your side.

3. Make time for what matters to you.

It's easy to get caught up in responsibilities. But doing things you enjoy and find meaningful help you recharge, refocus and stay centered. Faith and spirituality offer some people a sense of stability and hope. Hobbies can give you a productive outlet and goals to work toward. Whatever your thing is, setting time aside for it keeps stress from piling up.

Taking care of your mental health isn't one big change. It takes practice and commitment to building habits that work for you. But these tips provide a strong foundation to start with. Give them a try in the next few weeks — you might be surprised how positively they can affect you.

For more resources that cover substance misuse prevention, treatment and recovery, visit [LetsBeClearSD.com](https://www.LetsBeClearSD.com). If you or someone you love needs help, call, text or chat 988 today.