

COPIING

KNOW WHAT YOU'RE FEELING IS **OKAY** AND **NORMAL**.



Identify what you can control in your situation, and focus your energy there. Don't focus on what you can't control.



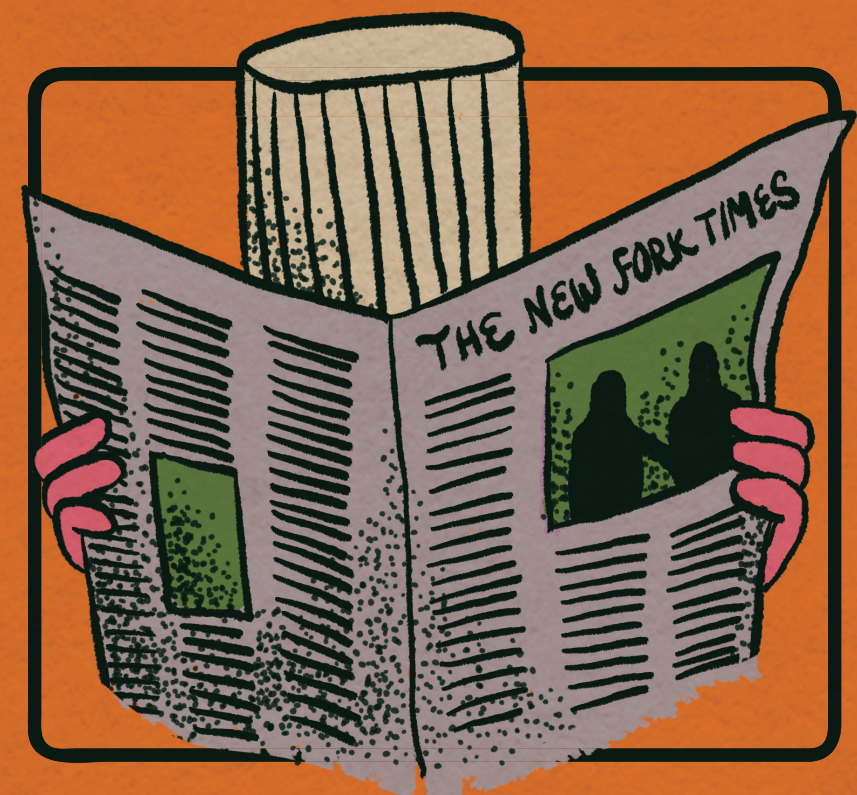
Shift your priorities and expectations into what gives you purpose or fulfillment.



Know when to ask for help or if you need additional resources. Listen to others' needs and help where you can.



Make a "prep list" for your day and have your own "pre-shift" meeting. Take baby steps to start a routine.



Limit news to one or two small news updates per day. Look at reliable news sources.

Engage in activities that calm your mind and body: meditation, hobbies, playing with pets.



Try to remain socially connected to friends and family via phone, text, email, or Facetime. Join an online peer support community.



For additional mental health resources, visit restaurantafterhours.org

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