

# Winning at Mental Wellness

Learning tips and developing tools to cope can make all the difference!

RESOURCES

SUPPORT

CONNECTION



## Build. Resilience.

Resilience is our ability to adapt to adversity, trauma or other significant sources of stress. Like building muscle, increasing your resilience takes time and intentionality.

- Connection** (prioritizing relationships)
- Wellness** (taking care of your body)
- Healthy Thinking** (understanding perspective, accepting change)
- Meaning** (learning from your past, setting goals, making room for your passions)

These things can help empower you to move through and learn from difficult or traumatic experiences



## Connect.

Did you know humans are wired for connection? We suffer without it. The health of our minds and bodies is directly related to the health of our relationships and connection with others. Find time to get some air, foster meaningful relationships, and make time for fun!

## Taking Self Inventory.

We don't break overnight! Our bodies are constantly sending us signals to tell us it's time to recalibrate. Feeling snippy? Maybe you're tired or hungry. Can't concentrate? Check your stress levels. We all have "tells". Learn how your body talks to you!

## Remember, You're Not Alone!

NAMI Pomona Valley is here to support you and your family! Our classes, support groups, presentations and resource helpline are free!

visit us:: [namipv.org](http://namipv.org)

helpline:: (909) 339-0305