Emotional Well-being

Wellbeing is your overall state of feeling healthy, balanced, and able to function well in your life mentally, physcially, and emotionally. It's about feeling steady, capable, and supported, even when life is stressful.

Can you manage stress?

- 3 minutes of slow breathing
- Drink water
- Write down 3 priorities
- Walk Outside
- Set boundaries

Need more information? Contact us!

https://www.livingstonesa.org/

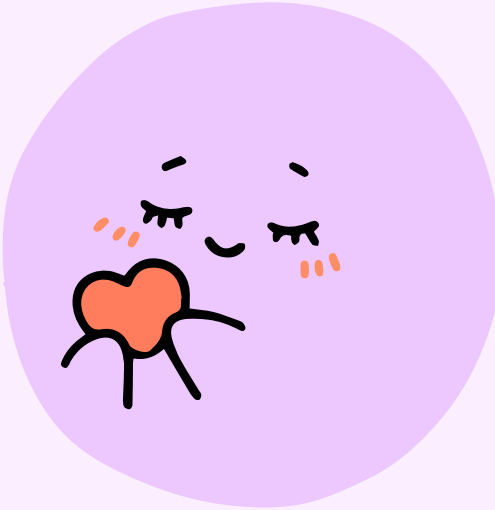
We will be there for you to strengthen your self-esteem and mental well-being.

Crisis Line: 988

How to love Yourself

Tips to improve your well-being

- 20 minutes of undivided attention
- No Phone Zones
- Daily Movement
- Balanced Meals
- Sleep Routine
- Get Outside
- Deep Breaths



Community Resources:

Mental Health Resources
Arrowhead Behavioral health
517-715-6155

1

Livingston County Community Health
517-223-1393

LifeStance Health
810-220-2787

2

Food Pantry Resources
Family Impact Centers
517-223-4428

Place of Refuge Ministries
517-223-3660

3

Coaching
Torch 108: Nonprofit that provides career coaching, life skills development, and financial literacy

Great Start Livingston: Free Parent Coaching

The Importance of Mental Health

Mental Health is important because it affects how you think, feel, and act every day. It's about being able to function, cope, and enjoy life.

Signs To Pay Attention To:

- feeling overwhelmed for a long time
- loss of interest in things you love
- trouble sleeping or concentrating
- feeling emotionally tired

Why Mental health Matters:

- helps us manage stress
- improves relationships
- supports productivity and creativity
- builds emotional resilience

How to Take Care of Your Mental Health:

- talk to someone you trust
- take breaks and rest
- express your feelings
- seek professional help when needed