



Mental Well-being Matters

Be kind to yourself!

Treat yourself as you would a good friend. Give yourself grace. These are unusually stressful times. When negative thoughts surface, try to reframe your thinking, by asking a few questions:

- Is this accurate?
- Is this always true?
- Is this a helpful thought?
- How else could I interpret this?
- Are there other factors?
- What would I tell my best friend?

ADDITIONAL RESOURCES

- **Mental Health and Well-being Resources** including well-being tips, online training, and more at health.state.mn.us/people/mentalhealth.html
- **Crisis Text Line:** Text 'MN' to 741741 to receive support for any crisis, 24/7
- **National Suicide Prevention Lifeline:** 1-800-273-8255

#StayConnectedMN

