

# WELLNESS CORNER

## YOUR MENTAL AND PHYSICAL HEALTH

### Mental Health Workshop

#### Anger Management

Anger is a healthy form of emotion which is not good or bad. A healthy way of expressing your anger is doing it in the right manner. This session will guide you through expressing your anger in a non threatening manner as well as venting out your stress in an effective way.



### Health Workshop

#### Power Snacking

Eating a snack is better than letting yourself become ravenously hungry, right? Join this session to know about the importance of power snacking for your health.

### Mindfulness Reminder

#### 5 Quick and Effective Ways to Deal with Overthinking

**Analyze the negative thought pattern:** Be aware of what's causing such a change in your behavior. Overthinking can lead to a destructive thought cycle, often thinking recklessly about the past or future, about yourself or others.

**Maintain a journal:** Maintaining a journal allows you to shed that extra load off your head and makes you feel better. It gives you the confidence to accept yourself and move on.

**Do not dwell on thoughts:** You'll sometimes get stuck in a situation that will be out of your control like the sudden death of a loved one or being hurt by another person's behavior etc. Acknowledge that you aren't responsible for someone's actions. Don't blame yourself, rather deal with it by adopting the right coping strategies.

**Change your strategies to stop overthinking:** Start making changes in your routine, change your place if you don't get a good vibe from a particular spot, change your clothes if they are uncomfortable, as simple as that.

**Include breathing exercises into your day:** Take a few minutes, breathe in, count till 4, then breathe out deeply and mindfully until the count of 8. Repeat this 10 times and let go of negativity.

### Support Resources

#### CRISIS TEXT LINE | Crisis Text Line

Text HOME to 741741  
Check out their website for articles on how to deal with stress: <https://www.crisistextline.org/>

#### the OC Warmline NAMI Warmline

Call or text: (714) 991-6412 Toll Free 877-910-9276  
Times: 9 a.m. - 3 a.m. (Mon. - Fri.) & 10 a.m. - 3 a.m. (Sat. - Sun.) or visit the OC Warmline Chat:  
<https://www.namioc.org/oc-warmline>

#### #HELPSARTHERE 2-1-1 OC 211 OC

Text your zip code to 898211  
Monday - Friday, 8:00 am - 6:00pm  
Call: While in Orange County: 2-1-1  
Out of County: 949-646-4357  
Toll Free: 888-600-4357