DOWN TIME
EXERCISE
DELEGATE
SCHEDULE BREAKS
SET BOUNDARIES
BE REALISTIC
MINDFULNESS
HAVE PATIENCE
SHOP SMART
MEDITATE
SHOP SMART
MAKE LISTS
REST AND SLEEP
LIMIT ALCOHOL
BALANCE IS KEY
LIMIT ALCOHOL
HAVE FUN
SINCE IT
HAVE FAITH
HAVE FAITH
STAY POSITIVE
STAY POSITIVE
THEREFORE
THEREFORE
BECKON
BECKON
EAT WELL
EAT WELL
TAKE A WALK
TAKE A WALK
BE FLEXIBLE
BE FLEXIBLE
LEADERSHIP
LEADERSHIP
FOLLOW
FOLLOW
I'M NOT A
I'M NOT A
CAREER
CAREER
TIP
TIP
BEHAVIOR
BEHAVIOR
POSITIVE
POSITIVE
STRESS MANAGEMENT
STRESS MANAGEMENT
LEARN NEW
LEARN NEW
TREATMENT
TREATMENT
CREATE A
CREATE A
MOOD
MOOD
NEED
NEED
LEND
LEND
HAPPINESS
HAPPINESS
SAY NO
SAY NO
SET BUDGET
SET BUDGET
PRACTICE SELF-CARE
PRACTICE SELF-CARE
RELAX
RELAX
LIVE IN THE
LIVE IN THE
PRESENT
PRESENT
MANAGE TIME
MANAGE TIME
LIMIT ALCOHOL
LIMIT ALCOHOL
REST
REST
HAVE PATIENCE
HAVE PATIENCE
TAKE A WALK
TAKE A WALK
VOLUNTEER
VOLUNTEER
BALANCE
BALANCE
GET THE
GET THE
PRACTICE
PRACTICE
HAPPINESS
HAPPINESS
LEADERSHIP
LEADERSHIP
FEELING
FEELING
GETaway
GETaway
TRY
TRY
BE REALISTIC
BE REALISTIC
PLAN AHEAD
PLAN AHEAD
SAY NO
SAY NO
SET A BUDGET
SET A BUDGET
PRACTICE SELF-CARE
PRACTICE SELF-CARE
HAVE FUN
HAVE FUN
SET BOUNDARIES
SET BOUNDARIES
DON'T COMPARE
DON'T COMPARE
NOTHING IS PERFECT
NOTHING IS PERFECT
DEEP BREATHING
DEEP BREATHING
SIMPLIFY
SIMPLIFY
SCHEDULE BREAKS
SCHEDULE BREAKS
ASK FOR HELP
ASK FOR HELP
RECITE SOME AFFIRMATIONS
RECITE SOME AFFIRMATIONS
DEFUSE DRAMA
DEFUSE DRAMA
DELEGATE
DELEGATE
AVOID CROWDS
AVOID CROWDS
SOCIAL MEDIA BREAK
SOCIAL MEDIA BREAK
MANAGE TIME
MANAGE TIME
GIVE BACK
GIVE BACK
REST UP
REST UP
PREP FOR FAMILY TENSION
PREP FOR FAMILY TENSION
MEDITATE
MEDITATE
EAT WELL
EAT WELL
PACE YOURSELF
PACE YOURSELF
BALANCE IS KEY
BALANCE IS KEY
EXERCISE
EXERCISE
MINDFULNESS
MINDFULNESS
SHOP SMART
SHOP SMART
MAKE LISTS
MAKE LISTS
REST AND SLEEP
REST AND SLEEP
LIMIT ALCOHOL
LIMIT ALCOHOL
DOWN TIME
DOWN TIME
HAVE PATIENCE
HAVE PATIENCE
TAKE A WALK
TAKE A WALK
VOLUNTEER
VOLUNTEER
BE FLEXIBLE
BE FLEXIBLE
LET GO OF GUILT
LET GO OF GUILT

866-731-6901
Assistance is Free and Confidential

START THE PROCESS:
You will be asked to leave a confidential message which will be returned within one business day. This is not an emergency crisis line. Call 911.

Services are provided as a no-cost benefit to North Carolina Department of Public Safety employees, their spouses, and dependents by licensed mental health professionals, wellness coordinators, and professionally trained peers.
We appreciate your service!