



MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0

Tools to Thrive

CLARKSBURG PLUMBING

Making your mental health a priority is key. We're going to share some of our favorite mental health tools to help guide you through the current climate. These tools – even those that may need to be adapted for the short term – will be more useful than ever.

01

Own your Feelings

Allow yourself to feel: Social pressures encourage people to shut down emotions. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can.

02

Looking for the Good

Changing the way you see negative situations, reframing common negative thoughts, and practicing gratitude has been shown to reduce sadness and anxiety. Reframe, remind and always show gratitude.

03

Detox your Life

Create healthy boundaries so you can get rid of toxic influences in your life. Identify these unacceptable behaviors in your life and eliminate them.

04

Create Healthy Routines

Start small and create a routine that fits into your everyday life. When we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done.

05

Connect with Others

It's the connections we make with other people that help enrich our lives and get us through tough times. Start the conversation, check in with friends and always practice active listening.