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CARES Line: 1-800-499-3008

Stay Active

Regular exercise can improve our mood and reduce blood pressure. Below are a few tips to staying active throughout the day to help with total health.



Walk and talk – Try standing or walking while taking a phone call. Level up more by adding a few leg raises or calf raises.



Stretch it out – Set an alarm to take hourly stretches. This will improve productivity and help with feeling refreshed.



Work it out – Create a free workout calendar, no equipment needed. Search for equipment-free workouts and free online classes.



Please share *your* mental wellness tips using the hashtag #RiversideMentalWellnessTips, and your helpful tip may be featured in a future post.



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Avoid Burnout

Home and work life have been combined making it harder to separate the two. Below are just a few tips to help get that separation back and give our minds the rest it deserves.



Ask for help – Asking for help may be difficult but it is an important part of developing and building a support group.



Establish boundaries – Whether it be at work or home, it's important to give ourselves permission to create boundaries.



Make time for self-care – Engage in mindfulness or breathing-based activity, take 15 minutes for a creative outlet, or even simply take a bath or shower.



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Make Connections

In elevated times of stress we can often withdraw—just when we need more connection. Below are a few tips to strengthen social connections while at home.



Keep it real – Move from small talk to real talk. Bring up meaningful conversation while practicing active listening and share what's on your mind.



Virtual is reality – Schedule virtual games with friends. Search for free online games you can host and play together.



Pen pal – Write a letter to a friend or loved one. It'll put a smile on both your faces.



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