

# Apps that Promote Emotional & Mental Well-being



**Substance Abuse  
Coalition Leaders  
of Arizona**

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# 4 Ways to Manage Your Emotional Well-Being

## 01 Don't Forget Your Basic Needs!



- Get 8-10 hours of sleep.
- Spend time outside when possible.
- Be sure to get exercise and get your body moving.
- Eat nutritious food and drink plenty of water.

## 02 Manage Stress in a Healthy Way!



Set aside a dedicated time each day to do something that makes you feel calm, alleviates stress or simply makes you happy—whether it's art, exercise, music, walking your dog or journaling.

## 03 Stay Connected!

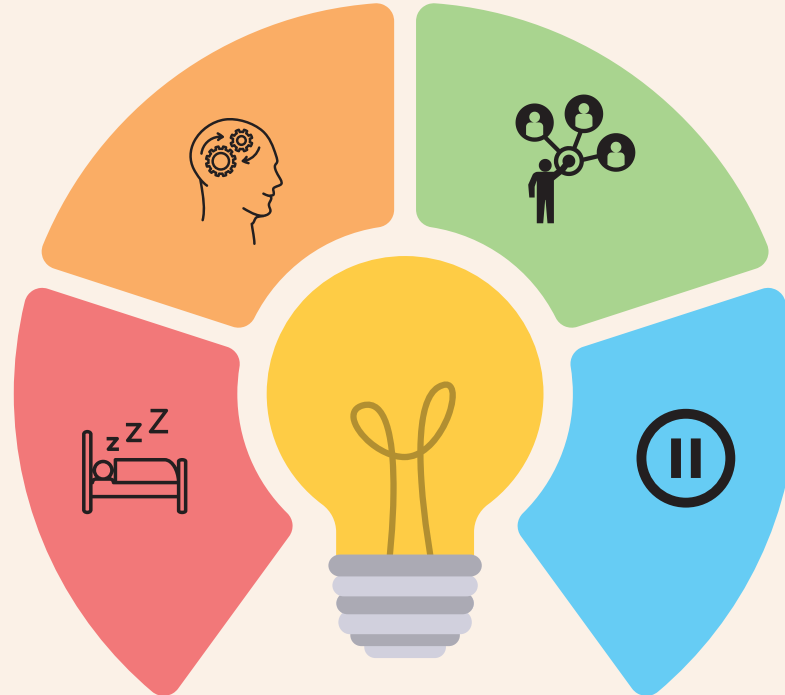


Spending time with people you trust can really help you process and manage big emotions and is good for your mental health overall. Even if you don't feel up to it, reach out to friends and family you trust. You might be surprised how much it helps in hard moments.

## 04 Take a Break from News Stories and Social Media!



Non-stop exposure to anxiety-producing news can amp up any difficult feelings you're already having. If you find yourself feeling worse after scrolling your feeds, do what you can to limit stressful content. Check in only at certain times, turn off notifications, or unfollow accounts that create stress and focus on ones that help you feel calm and connected.



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