

Take time to nurture your mental health

Your “I can get through this” toolkit

When you run into emotional obstacles or stressors, it's normal to turn to old habits or routines that help you cope. And, just like any unexpected scenario, it's always best to be prepared. That's where your "I can get through this" toolkit comes in. When conversations turn stressful, plans change, or when days are long and dark, having reliable tools in your mental health toolkit can help get you through.

Here are some quick tips to help you restore calm and joy in times of trouble



I want to have a kind moment with myself

Our inner critic can be a little rude sometimes. When it's getting the best of you, this meditation can help you change your tune. Try the ["Self compassion" Meditation from Sanvello](#)



I want to feel less overwhelmed

When there's too much in your head, make some space by getting those thoughts out of the swirl and into writing through journaling. A little writing, no matter what it is, can do you some good.



I want to feel more connected

Making someone else's day can help you feel closer to them and more valued. Pick up the phone, send a text, check on an elderly family member, call a buddy just to say “hey, how are you?”

Find even more support to help improve your mental health—including an entire library of meditations - by downloading the [Sanvello app](#).