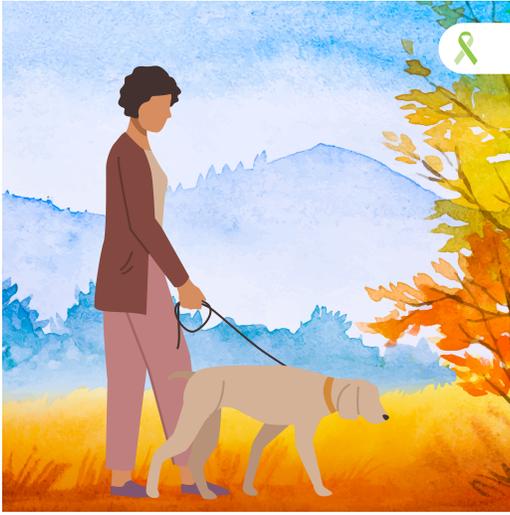




DATE	COPY	IMAGE
<p><i>Take Action Accounts Posting:</i></p> <p>12/9 at 8 AM</p>	<p>Winter can be especially challenging for people with chronic mental health conditions. (These conditions include anxiety, depression, substance use disorder, bipolar disorder, and schizophrenia.)</p> <p>The good news is, you can manage these conditions and productively deal with the stress of the season.</p> <p>Here are some ways to plan ahead and cope — and you can start today. Check them out in our newest resource, <i>Creating Wellness this Winter</i>: https://takeaction4mh.com/toolkit-categories/winterwellness2024 (link in bio)</p> <p>#WinterWellness</p>	<p><i>Facebook & Instagram:</i></p> 
<p><i>Take Action Accounts Posting:</i></p> <p>12/20 at 12 PM</p>	<p>Despite what the holiday music says — winter can be a stressful and isolating time. So be sure to protect your mental well-being this season. A few things that can help:</p> <ul style="list-style-type: none"> ♥ Setting boundaries on things like socializing or spending money. 📞 Staying connected with the people who make you feel safe and supported. 🍲 Regularly moving your body (like taking a short walk) and eating nourishing food. <p>#WinterWellness</p>	<p><i>Facebook & Instagram:</i></p> 

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