

TAKE CARE, ALASKA

Our overall well-being is dependent on both our mental and physical health. The tips in this guide can help you learn more about ways to improve your well-being and connect with activities you can do by yourself, with your family or community.

Also, if you ever find yourself struggling and need more support, it's ok to ask for help!



SMILE

And the world smiles with you



HEALTHY HABITS

Eat, sleep and exercise



CARE KIT

Find help



STRESS BUSTERS

Find ways to relieve stress



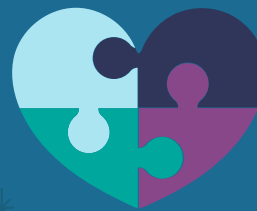
GO WITH THE FLOW

Find balance in life



TOGETHERNESS

We're all in this together



BELONGING

Supports and connections



BODY & MIND

Take care of your body and your mind will follow



HERE & NOW

Stay in the present



BREATHE

Calm the mind



PLAY

Recharge your batteries



COMPASSION

Be kind to yourself and others