



Journaling — Writing down your thoughts and feelings to understand them more clearly. If you struggle with stress, depression or anxiety, keeping a journal is a great idea. It helps you control emotions and improves mental health.

Try this journaling prompt:

10 MINUTES TO PRACTICE BEING YOURSELF

One part of yourself you don't often share with others:

Two important details that are part of you:

One thing that keeps you from sharing that part of yourself:

If you were to share that part more often, one person (or more) you would trust to be supportive of your effort:

Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

VISIT

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE

Colorado Crisis Services
1.844.493.8255

OR TEXT

Colorado Crisis Services, text
TALK to 38255

Visit our website for more tips on stress relief: www.Health.Solutions