



# Signs That You May Need a Mental Health Break



MAY IS MENTAL HEALTH AWARENESS MONTH

It is easy to ignore early warning signs indicating you may need a mental health break, but recognizing these signs early on can help to avoid reaching a breaking point. Below are a few examples of what these signs look like and how you can create your own mental health break.

## Warning Signs That You May Need a Mental Health Break:

- **Constant fatigue:** Feeling consistently tired, regardless of getting a good night's rest.
- **Mental fog:** Having difficulty remembering things, staying focused in school or at work, or struggling with tasks that used to feel easy.
- **Apathy:** Loss of interest in your hobbies, loss of motivation, and isolation from friends and family.
- **Frequent illness:** Feeling run down, experiencing frequent headaches, stomachaches, or cold-like symptoms.
- **Irritability:** Feeling like you have little to no patience or are quick to anger.

## How to Take a Mental Health Break:

- **Schedule yourself a day off:** If you work, schedule a day off. If you are a parent, lean on your partner or loved ones for childcare. Try to give yourself one day to practice self-care and prioritize yourself.
- **Find something you love to add to your schedule:** Find or reconnect with a hobby that brings you joy and try to allow yourself time to do it once a week.
- **Practice yoga:** Yoga uses centering techniques that help you be present in the moment and get in exercise.
- **Schedule time with friends:** Reach out to friends to schedule an activity to do together.
- **Declutter your space:** It is proven that cleanliness has a direct impact on your mental health. Take a moment to clean or organize your space.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



Scan the code to learn more about the Choose Kindness campaign.