



Recharge before you hit empty — we're here for you.

Feeling drained? You're not alone. Between work, family, and everyday stress, it's easy to feel like you're running on empty. But burnout doesn't have to be your baseline. Here are a few mental health tips to recharge your mind and energy:

Take 10 minute breaks for you.

Every day take time to step away for a short walk, a quiet moment, or a deep breath. Small breaks = big impact.

Say "No" without guilt.

Protect your energy, time, and emotions by setting boundaries. It's not selfish — it's self-care.

Make sleep a priority.

Rest is recovery for your body and mind. Aim for 7–9 hours and create a calming bedtime routine.

Talk it out.

You don't have to carry it alone. A quick check-in with a therapist can make a big difference.



Scan for care!

Schedule a visit to talk with a mental health provider at First Stop Health. Get compassionate support and guidance for your mental health.