

# STRONG IN OUR ROOTS



Your health is important. Here you'll find some ideas on how to manage stress in your life.

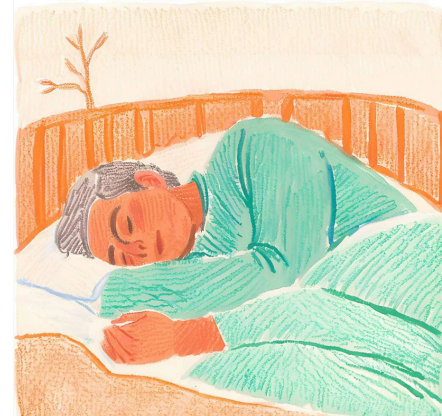
## LEAN ON OTHERS

Look for help in the community. Friends, neighbors, and organizations that provide support to farmworkers and their families can be there for you in difficult times. You can also lend a helping hand to someone else. When we need more support, mental health care providers can provide a supportive space to discuss concerns and support your mental health.



## SLEEP IS IMPORTANT

Daily obligations can impact your sleep and make you feel more stressed. It's important to try and get a good night's sleep to regain energy and stay healthy.



## FINDING JOY IN MUSIC AND ART

Listen to a song you like or read a phrase that makes you feel better. Acknowledge all the hard work that got you to where you are today. Celebrate your roots and traditions!



## TAKE A MOMENT TO CARE FOR YOUR BODY

After a long day of work, care for your body in a way that works for you. You can stretch, take a short walk, or exercise. These things can help you to feel better and relax.

## CONNECT WITH NATURE

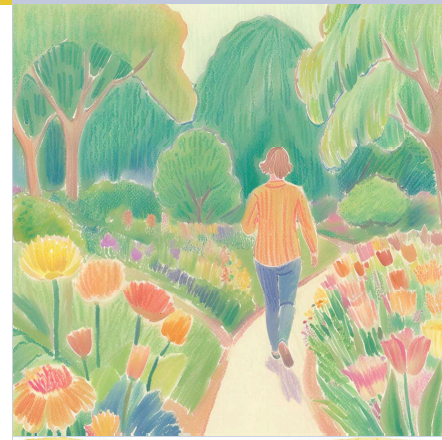
If your day permits, take a moment to breathe fresh air and enjoy the countryside. Or you might have a garden or houseplant in your home. This connection with nature can help you reduce stress.

## FOCUS ON THE PRESENT MOMENT

Being present in the moment can help us care for our health. Each person is special. Take a few deep breaths. Listen with intention to your surroundings, take a moment and connect to the present.

## NUTRITION

Maintaining a balanced diet is not always easy but it is important for your health. Eating fresh fruits and vegetables can give you strength to face challenges each day.



General Support: Text/Call 211

Crisis and Suicide Line: Text/Call 988

National Domestic Violence Hotline: 800-799-SAFE (7233)

Text "START" to 88788

TTY: 800-787-3224

National Sexual Assault Hotline: 800-656-HOPE (4673)

CalHOPE Support Line: Call 833-317-HOPE (4673) for peer support with non-emergency stress and anxiety situations.

