

Circumstances may create changes to the way we live.

During those times, here are ways we can navigate the new realities together:

- Connect with others. Develop and keep strong relationships with people who will support you.
- Plan something fun! – Make time every day to enjoy something you really like to do. Be silly and laugh – laughter can recharge you.
- Ask for help. Everyone hits bumps in the road. Ask a friend, co-worker or teacher for help and advice. We all need help sometimes.
- Take care of yourself. It's easier to feel happy if your body feels good. Be good to your body.
- Rest. Sleep restores both your mind and body.
- Deal with stress. Pay attention to what makes you stressed, where you feel it in your body, and how you react to it. This will help you to better manage your stress. Relaxation breathing, yoga or meditation can help.
- Think about today. Too often we are thinking about the past or planning for the future instead of living in the present. Focus on living "in the moment." It is important for your mental health.
- Give back. Volunteer for a cause or an issue you care about. Help out a co-worker, neighbor, or friend. Find ways to contribute, it can help you feel good about yourself and who you are in the world.
- Challenge yourself. Learn a new skill or set a difficult goal. Learning improves your mental fitness.



Follow the latest official advisories to keep you and your family safe!!

Lions are 1.4 million men and women serving our communities and the world through uncommon kindness. Discover kindness in your community today.

For additional information or if you would like to join in helping your community, please contact your local Lions Club listed below:

Wellness Resources

www.lionsclubs.org

LIONS CLUBS INTERNATIONAL
FOUNDATION



KINDNESS MATTERS

Lions Clubs of Multiple District 20
New York State and Bermuda
www.MD20Lions.com

Federal Government Agencies

Center for Disease Control and Prevention

www.cdc.gov
800-232-4636

National Institute on Aging

www.nia.nih.gov/health
800-222-2225

Substance Abuse and Mental Health Services Administration Helpline

<https://www.samhsa.gov/find-help/national-helpline>
800-662-4357 (HELP)

New York State Agencies

New York Connects

www.nyconnects.ny.gov
800-342-9871

New York State Department of Health

www.healthy.ny.gov
855-355-5777

NYS Domestic & Sexual Violence Hotline

<https://opdv.ny.gov>
800-942-6906

Office of Mental Health New York State

www.omh.ny.gov
845-863-9314

NY Office for the Aging

www.aging.ny.gov
844-863-9314 Emotional Support Line

Non-Governmental Agencies

AARP

www.aarpcommunityconnections.org
888-687-2277

Al Anon Hotline

www.al-anon.org
800-344-2666

American Red Cross Blood Donations

www.nybloodcenter.org
800-733-2767

Autism Speaks

www.autismspeaks.org
888-288-4762

Childmind Institute

www.childmind.org
212-308-3118

Covenant House

www.coventhouse.org
800-388-3888

Crisis Text Line

www.crisistextline.org
Text START to 741741

Domestic Violence Hotline

800-799-7233 Or text LOVEIS to 22522

LGBT National Help Center

www.glbthotline.org
888-843-4564

Mental Health America

www.mhanational.org
800-969-6642

National Association for Mental Illness

www.nami.org
800-950-6264 (NAMI)

National Eating Disorder Association

www.nationaleatingdisorders.org
800-931-2237

National Runaway Safe Line

www.1800runaway.org
800-786-2929

National Suicide Prevention Lifeline Veterans Crisis Line

www.suicidepreventionlifeline.org
800-273-8255

Resources and tips for homeless

www.coalitionforthehomeless.org
www.catholiccharitiesusa.org
www.rebuildingtogether.org

Salvation Army

www.newyork.salvationarmyusa.org
212-337-7200



We Serve