



Peace Of Mind Pacific County

Hope Letter #7



CARING FOR OURSELVES

"It's OK to be not OK and it's OK to be upset and it's OK to be mad about something, but it's how we learn to handle ourselves and cope with where we are at that matters."

- Actress Chyler Leigh, in BP Magazine, Spring 2020.



"For me, vulnerability led to anxiety, which led to shame, which led to disconnection, which led to Bud Light".
Brene' Brown

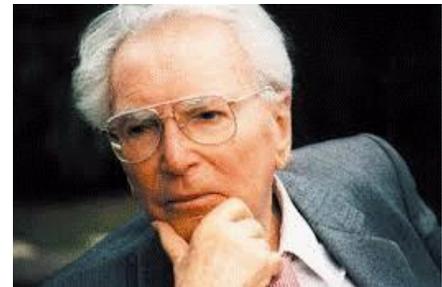


"When someone says they can't, I say "Try *something*." Any small action—breaking a sweat, writing a paragraph, sitting for five minutes—makes a huge difference. People think their mind is trying to do them in, that they're going to fail, and they think, So why should I try?" I say, make that goal so small and specific you can't fail."— Nita Sweeney, author of *Depression Hates a Moving Target*, on BP Magazine, Spring 2020



"Everything depends on the individual human being, regardless of how small a number of like-minded people there is, and everything depends on each person, through action and not mere words, creatively making the meaning of life a reality in his or her own being."

—Viktor Frankl, psychiatrist and Holocaust survivor



Crisis Text Line (741741) Crisis counselors have been offering mental health assistance round the clock for the past six years. 56% of callers said it was their first time trying to get any mental health intervention

WA RECOVERY Help Line

- 866-789-1511. Toll-Free 24/7.
- 7-1-1. WA Relay.
- Text 1-866-789-1511. M-F: 9am-5pm.
- Visit Our Website.
www.warecoveryhelpline.org.

1-800-273-TALK The national suicide prevention line reaches people from all ages, including veterans.

24 HOUR MOBILE CRISIS LINE
FOR PACIFIC COUNTY
(800) 884-2298

BE VOCAL: Speak Up for Mental Health Website – bevocalspeakup.com – exists to make it easier for individuals to talk about their own mental wellness challenges, if and when they choose to do so.

New: Instagram @bevocal.speakup

EMERGENCY CARE WALL

for sadness



for loneliness



best friend's phone #

for self-doubt



list of reasons why you can

for anger



for worry



for other



"The best thing for being sad, replied Merlin, is to learn something."
T.H.White

"Love your neighbor as yourself."
The Gospels of Matthew, Mark, and Luke.

We expect a better future in a realistic way. - POMPC Principle

RELAX REBOOT RENEW

Peace of Mind Pacific County is an all-volunteer nonprofit started in 2017. We began doing weekly HOPE letters in April with the goal of bringing positive ideas and images to other people during a difficult time. We'd be glad to hear from anyone who wants to share in this effort. Please email info@pompc.org if you have material to share or want to be added to our email list. For comments and concerns or to make a donation in support of POMPC, the mailing address is Peace of Mind Pacific County, PO Box 708, Ocean Park WA 98640, or [click here](#).