6 STEPS TO AG RECOVERY

If you or someone you know struggles to cope with strong feelings a few weeks/months after an incident, or experiences continued interference with normal functioning, get help by calling the **Georgia Crisis and Access Line toll free at 1-800-715-4225.**

1 GET CONNECTED

Build strong, positive relationships with loved ones and friends.

Get involved in community, cultural, school, charitable or faith-based groups.

2 MAKE EVERY DAY MEANINGFUL

Do something that gives you a sense of accomplishment and purpose every day.

Set goals to help you look toward the future with meaning.

3 LEARN FROM YOUR EXPERIENCE

Consider the skills and strategies that helped you through difficult times in the past.

Have a positive yet realistic view of yourself and an accurate sense of your abilities.

4 TAKE CARE OF YOURSELF

Participate in activities and hobbies you enjoy, adapting them into your daily routine.

Practice a healthy lifestyle by eating a healthy diet, getting plenty of sleep, and practicing stress management techniques.

5 BE PROACTIVE

Don’t ignore your problems, but decide what needs to be done and take action.

Believe that any situation can improve if you work at it.

6 REMAIN HOPEFUL

Look at the big picture and believe in your ability to overcome hardships.

Understand the role your thoughts play in how you feel.

agr.georgia.gov/disaster-relief.aspx

Georgia Department of Behavioral Health & Developmental Disabilities

GEORGIA DEPARTMENT OF AGRICULTURE

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