

# BECAUSE YOU MATTER

# BADGE BUDDY

We ALL experience mental health ups and downs. Where is your mental health on the test tube?



## Thriving

"I've got this."

- Normal ups and downs in mood
- Able to take things in stride
- Able to focus and communicate
- Normal eating and sleeping patterns
- Engaging with others meaningfully

## Surviving

"Something isn't right."

- Nervousness, irritability, sadness, and mood fluctuations
- Increased need for control with difficulty adjusting to change
- Trouble sleeping or eating
- Low energy, muscle tension
- Disengaged in activities or hobbies

## Struggling

"I can't keep this up."

- Persistent fear, anger, panic, anxiety, and hopelessness
- Exhaustion and fatigue
- Poor concentrating ability
- Avoiding interaction with friends and loved ones
- Self-medicating with substances, food, or other numbing activities

## In Crisis

"I can't survive this."

- Panic attacks
- Easily enraged or aggressive
- Careless mistakes or inability to focus
- Feeling numb, lost, or out of control
- Thoughts of self-harm or suicide
- Withdrawal from relationships
- Disabling stress and loss of function

## ACTION STEPS

**Continue** your day! (Exercise, rest, hobbies, etc.)

Participate in self-guided practices, **seek social support** from loved ones, the EAP, or other FHC website resources.

Seek professional help through **resources** listed on your **badge buddy**.

Seek professional help **ASAP**. Call crisis line or 911.

No matter where you are, the badge buddy is there for you.

## SELF-GUIDED PRACTICES



**BOX BREATHING**  
Bring balance to your mind and body

- CREATE CALM**  
Look around you and notice:
- 👁️ 5 things you can see
  - 👂 4 things you can feel
  - 👂 3 things you can hear
  - 👃 2 things you can smell
  - 👅 1 thing you can taste

Find resources and support



Always carrying your badge buddy while at work could earn you a "Kjeldsberg Wellness badge" through LEaP.