talk space

6 tips to get you through tough times

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During a crisis, avoiding difficult feelings and trying to push through can seem like the easiest option. But these emotions don't just go away. Without acknowledging our thoughts and feelings, we may be harming our longer-term well-being, mental health, and productivity.

That's why self-care in a crisis is so vital. To help you get started, clinical experts at Talkspace prepared these simple guidelines for you to follow.

Pause and take inventory
Ask, "How is this impacting me?" There is no right or wrong way to feel. Simply identifying your feelings is the way to begin to understand and process your experience.

Identify places of support
This can be through the workplace, personal relationships or professional support. Knowing where to turn is its own relief.

Talk to someone
You're not alone. Find community by sharing with trusted co-workers, family members, or friends. And remember: Talkspace is available to you as a resource.

Take time off if needed
Emotional recovery is a marathon, not a sprint. Taking time off if you feel you need it can help you feel your best in the long run. Wouldn't you take time off to recuperate from a physical injury?

Bring self-care into your work day
These include: keeping reasonable work hours, taking breaks throughout the day, getting up and stretching often, drinking plenty of water, and eating well. You deserve it.

Be patient with yourself
There will be good days and bad days. Avoid judging where you're at, and instead, take stock of how you're doing over the course of several weeks.

If you ever want to talk to a professional, Talkspace is available to you. Visit your organization's secure landing page to start.