

Mental Health Reminders

Take it one day at a time. Small steps lead to big changes.

You're more than your productivity. Rest is productive too.

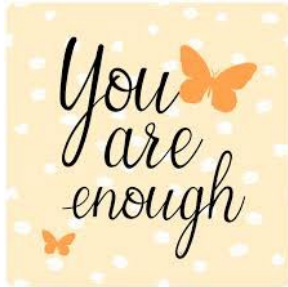
Self-care isn't selfish. Taking care of yourself is essential, not indulgent.

Celebrate small wins. Progress, no matter how small, is still progress.

You're not alone. Reach out; support is always closer than you think.

Be gentle with yourself. Talk to yourself like you would to a friend.

Healing isn't linear. Ups and Downs are part of the process.



Mental Health Resources available for Virginia

Crisis & Emergency Support

- 988 Suicide & Crisis Lifeline:
Call or text 988
- Crisis Text Line: Text HOME to 741741
- Veterans Crisis Line: Dial 988, then press 1
- Disaster Distress Helpline: 1-800-985-5990
- The Trevor Project (LGBTQ Youth):
1-866-488-7386 or text 'Start' to 678-678
- Trans Lifeline: 877-565-8860
- SAMHSA National Helpline 1-800-662-HELP (4357)
- www.Findtreatment.gov
- www.findsupport.gov

Statewide Services

- DBHDS: Mental health and substance
<https://dbhds.virginia.gov/behavioral-health/mental-health-services/>
- Medicaid Mental Health Coverage:
Therapy, medication, crisis care
<https://www.dmas.virginia.gov/for-members/benefits-and-services/behavioral-health/>
- Calm Health App: Screenings, therapy referrals, self-care content
- NAMI Virginia:
<https://namivirginia.org>

Lions of Virginia

Multiple District 24

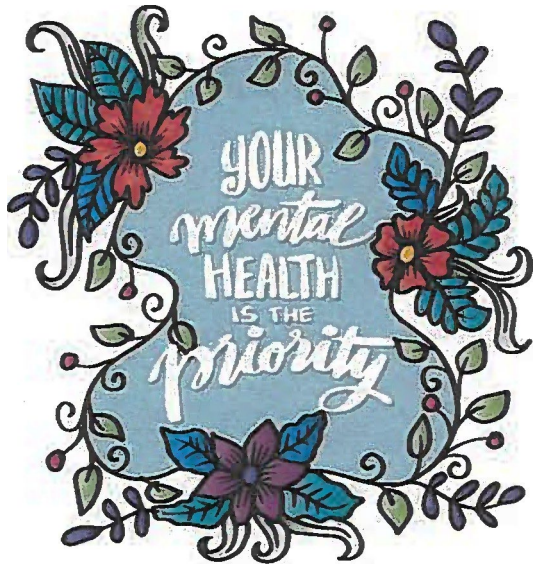


Mental Health and Well-being resources for Lions

Lead to Serve, Serve to Lead

The Importance of Caring for Your Own Mental Health While Supporting Others

Volunteering and supporting others can be deeply fulfilling, but it is essential to remember that your ability to give is rooted in your own well-being. Just as we are encouraged to "put on our own oxygen mask first," tending to your mental health ensures you have the emotional resilience and energy to truly help others. When you prioritize rest, reflection, and self-care, you model healthy behavior and create a more sustainable impact in your community. Supporting others starts with supporting yourself.



Lions Clubs Mindfulness Tips

For Lions Clubs Members

Strengthen your service by strengthening your mind.

What is Mindfulness?

Mindfulness is the practice of being present in the moment of your thoughts, feelings, and surroundings without judgment. It helps reduce stress, improve focus, and enhanced well-being.

Quick Mindfulness Practices

1. Breathe with Purpose

Take 3 deep breaths before meetings or events. Inhale for 4 counts, hold for 4, exhale for 4.

2. Mindful Listening

Give full attention when someone speaks. Pause before responding to absorb their message.

3. Gratitude Moments

Reflect on one thing you are grateful for each day. Share it with a fellow Lion to spread positivity.

4. Body Scan Check-In

Take 2 minutes to notice tension in your body. Relax each area from head to toe.

5. Nature Pause

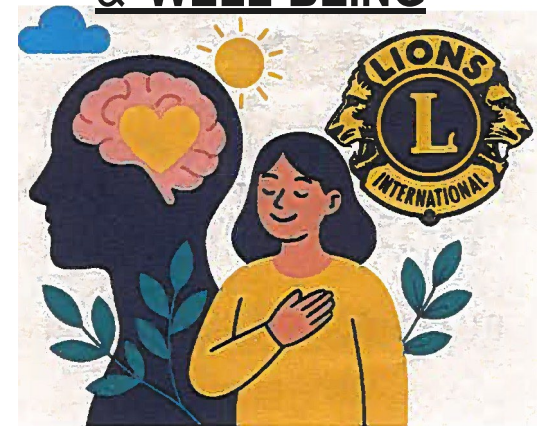
Step outside to observe surroundings. Notice colors, sounds, and sensations.

Mindfulness in Service

- Before volunteering: take a breath to Ground yourself.
- During service: Stay present with those you are helping.
- After events, reflect on what went well and how you felt.

"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

MENTAL HEALTH & WELL-BEING



November 14, 2025