SOC CARE CORNER

June 5th, 2020

THE GOOD NEWS

Many hearts are heavy with all that’s happening in the world today. It can certainly be hard to see the positive or that there is still good in the world. Check out the Good News Network for inspiring stories and images from around the world to feel inspired and uplifted.

https://www.goodnewsnetwork.org/

“Darkness cannot drive out darkness. Only light can do that. Hate cannot drive out hate. Only love can do that.”

Martin Luther King Jr.

Please like the following links on Facebook!

Oklahoma Department of Mental Health and Substance Abuse: https://www.facebook.com/ODMHSAS/

Evolution Foundation: https://www.facebook.com/groups/332478130472295/

Coalition of Advocates: https://www.facebook.com/groups/332478130472295/

Parents Helping Parents: https://www.facebook.com/parentshelpingparentsinc/

Oklahoma Family Network: https://www.facebook.com/oklahomafamilynetwork/

NAMI: https://www.facebook.com/namioklahoma/

For the latest info on resources go to: https://www.ok.gov/odmhsas.org find the box labeled COVID-19 information

TREAT YOURSELF

Don’t wait for a special occasion or until you feel like you “deserve it” to treat yourself. Taking better care of yourself isn’t all about strict rules and sacrifice, and there are plenty of healthy ways to treat yourself. It can be as simple as putting on a favorite outfit, relaxing in a warm bath, or making time for an activity you enjoy each day.