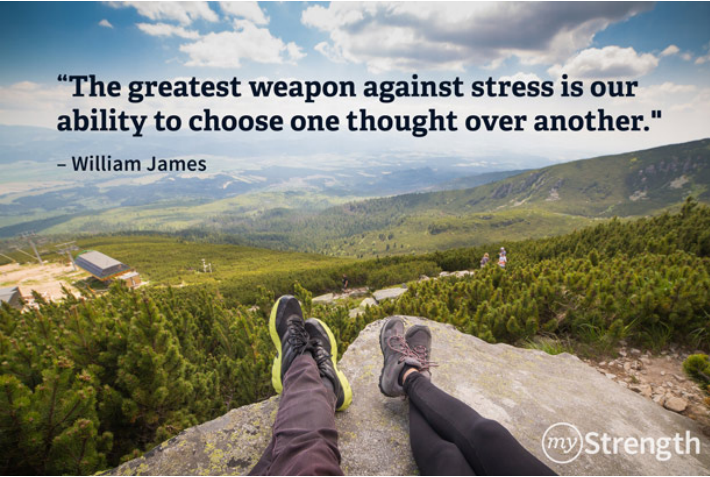




Mental Health
Recovery
Education

Domino's & Sweetser Deliver a Tip for Mental Health Month



"The greatest weapon against stress is our ability to choose one thought over another."

– William James

myStrength

No matter where you are or what you are doing, a breathing exercise is a quick and simple way to help you feel calmer. One such exercise is 4-7-8 Breathing. It's easy:

- Inhale to the count of four.
- Hold your breath to the count of seven.
- Exhale slowly to the count of eight.
- Focus on the sensation of your inhales and exhales.
- Repeat until you feel less stress.

Access free and confidential online resources at sweetser.org. Look for myStrength, the health club for your mind. Concerned about yourself or someone else? Call the Maine Crisis Line at 1-888-568-1112.