



onlinesos.org

## Emotional Wellbeing

### First, make sure you

- Call 911 or Suicide Prevention Hotline if you are considering harming yourself
- Take a break from incident
  - Consider engaging in physical activity (a walk, yoga class)
  - Temporarily avoid devices or apps that are platform(s) for harassment
- Tell an ally/friend what is happening
- Confirm: Know that it's *not* your fault
- Decide on if and how to take a break from being online, which may include:
  - Turning off devices (computer, phone, etc.) and/or apps (including notifications)
  - Choosing to avoid/limit use of email, social media, text messaging
  - Telling people if needed (partner, children, family, employer, friends, colleagues)
  - Using other options (silencing sound, having a friend check, etc).
- Identify and enlist help from trusted allies before engaging in stressful activities related to harassment and online engagement

### Next, choose what to do

#### Talk about it

- Call or text a crisis helpline
- Consider seeking professional counseling/therapy - consider options here
- Explore legal options by hiring a lawyer or getting legal consultation

#### Build a support system

- Enlist friends, family, and others to help you cope
  - Consider including supportive (on and offline) communities
- Tip:* Create plan with allies to help you manage/monitor online presence

#### Meet your basic needs

- Make sure you are getting adequate sleep
- Get adequate hydration (at least 8 glasses of water a day)
- Eat a nutritious, balanced diet
- Temporarily avoid substances that may exacerbate negative feelings (alcohol, etc)

### Also, consider these steps

#### Engage in stress relieving activities

- Engage in physical activity like yoga, running, hiking, cycling, martial arts or dance
- Cultivate or deepen hobbies that you love
- Get a therapeutic treatment (i.e. massage, acupuncture)
- Visit an environment that calms you (garden, park, hiking trail, lake, beach)
- Use scents to help soothe you (lavender, etc)
- Get and use a stress ball or other stress relief device

**Express your feelings**

- Journal about what is happening
- Play music, create art, dance, build or engage in another creative pursuit you love

**Consider wellness practices**

- Develop or continue engaging in mindfulness and/or meditation practices
- Listen to affirmative messages via podcasts, videos or music
- Engage in religious or spiritual practice if you have one

**Consider**

- For tips on what to consider before choosing a psychotherapist, you can go to [this link](#)
- If you are experiencing domestic violence, you can go to [this link](#) to find a list of domestic violence agencies in your area
- If you have experienced sexual assault, you can get access to a local sexual assault program [here](#)
- If you want to engage in activism to stand up to online harassment, you can go to [this link](#)