



May 2026



# Mental Health Memo

## Tips on how to stay calm in other people's storms:

- 1) Find ways to continuously self-regulate. Don't wait for the storm to dampen your day, take a proactive approach and focus on ways to stay calm on a regular basis.
- 2) Learn to listen and not light up. When other people share their frustrations, we might want to support by allowing them to vent. Venting can quickly turn into bashing and this impacts our own views about the situation or other people. Make a conscious effort to turn venting into problem-solving by asking questions rather than joining in with the negativity.
- 3) Don't assume you know what a person thinks or feels. When people jump to conclusions, it makes little room for connection and understanding. Sometimes people are in bad moods and it has nothing to do with ourselves. Ask questions to clarify rather than guessing.
- 4) Learn how to sit with the person in their storm, not stop the storm. Many people feel they have to fix people's problems but that doesn't help the person boost their confidence by coming up with their own solutions.
- 5) Set healthy boundaries. Limit interactions with negative naysayers and learn how to redirect conversations that are not productive. You only get so much energy each day, don't waste it being pulled down by people determined to rain on your parade!



Nicole Brookover  
IECMH Consultant  
Hopewell Health Centers  
nicole.brookover@hopewellhealth.org  
(740)-517-3452