

# Depressed?

**MCA**  
KANSAS CITY

MECHANICAL  
CONTRACTORS  
ASSOCIATION

**You're Not Alone.**

In crisis? Scan to  
connect to 988.



# A Micro Moment

Pause. Breathe. Try This.

## Ground + Balance

1. Stand. Breathe.
2. Feel your feet on the ground.
3. Shift your weight side to side, front to back.
4. Focus on balance.
5. Anchor to a routine.