

# HOW TO HELP YOURSELF: FOR TEENS

HERE ARE SOME SIMPLE THINGS TO TRY TO TAKE CARE OF YOURSELF:

## MOVE YOUR BODY

Dance, run, play sports, clean, stretch or punch a pillow. A little movement goes a long way.

## RECHARGE YOUR BATTERIES

Try to get plenty of sleep, eat healthy, energizing foods and drink plenty of water.

## REMEMBER TO BREATHE

Take some deep breaths. Start by noticing your breath and try to slow it down. Breathe out a little longer than you breathe in.

## SLOW DOWN

When it feels like everything is moving too fast, take a minute to move slowly, sit in a quiet space or listen to soft music.

## USE SUPPORTIVE SELF-TALK

Talk kindly to yourself like you would talk to a friend. Try saying: "you can do this", "you're doing the best you can in this moment", or "you will figure this out".

## IDENTIFY YOUR STRENGTHS

Do something you're good at, whatever that may be, and celebrate small wins. It could be as simple as making it to school on time, remembering homework, helping a friend or scoring a goal at soccer.

## STAY CONNECTED

Choose an object or make something to remind you of your special person. It may be something of theirs or a special stone you find. Keep it with you to feel connected whenever you need it.

## IDENTIFY SUPPORTIVE ALLIES

Look for the people in your life you trust who you can talk to and will show up to listen. You may need different people for different needs (someone to talk deeply to, make you laugh, and/or be a cheerleader).

## USE CREATIVE OUTLETS

Express yourself through art, journaling, drawing, dancing, or listening to/playing music. Remember this is just for you, so don't worry about how it looks or sounds.

## KNOW THAT BEING EMOTIONAL IS OK

Sometimes you just need to cry. Don't be afraid to release emotions and let it all out. Find safe ways to do this. Examples: cry with a family member/friend or squeeze a stress ball.