


# TAKE CARE



We all feel stressed sometimes. Some stress is normal, but too much isn't good for you, so it's important to know how to take care of yourself and manage the stress you feel. Try these self-care strategies to try to help yourself feel better – calmer, happier, more in control – if you are feeling stressed, worried or overwhelmed:

- Talk with a parent or another trusted adult about your feelings.
- Take deep breaths: inhale for 4 seconds, hold for 4, exhale for 4, hold for 4 and repeat.
- Play your favorite music and sing along.
- Write in a journal or draw/sketch.
- Close your eyes and imagine visiting your favorite place.
- Call or text a friend.
- Break down tasks into smaller, easier steps.
- Go for a walk, exercise, or dance.
- Laugh – watch a funny video, tell jokes, look at silly memes or GIFs.
- Do a “body scan” where you slowly relax from your head to your toes.
- Get enough sleep and eat healthy foods.

**Part 1:** Use this chart to list other healthy things you do that help when you are in a stressful situation. Then explain how each self-care strategy helps you feel better.

MY SELF-CARE STRATEGY	HOW IT HELPS ME FEEL BETTER
1.	
2.	

**Part 2:** Now, practice using self-care strategies with the situations described below. These are all situations that might be stressful or upsetting to you or a friend. For each one, discuss these questions with your group:

- *What feelings might each person be having, and why?*
  - *Which trusted adult could the person talk with about the situation?*
  - *What are some things the person could do to help cope with their feelings?*
1. You are not doing too well in history class and have a big test coming up. You need to get a good grade to pass the class.
  2. You have just gotten into a fight with a friend and they're really mad at you. You want to work it out, but don't know how to talk to them about it.
  3. Your friend's mom lost her job and your friend is worried about her family. Your friend seems much more anxious than usual.
  4. Your friend has seemed sad for several weeks. They've been very emotional recently. They don't want to talk about it.

When you're done, role-play each scenario. Assign the characters in each situation to the people in your group. Then, volunteer to show your class the self-care strategies you came up with.



**REMEMBER:** If you have a friend who is having a hard time, show empathy and let them know you're there if they want to talk. Don't try to manage their feelings on your own. Anyone can call or text the Suicide & Crisis Lifeline by dialing 988. Please reach out to a trusted adult for how to best help your friend.