

School Life

- Communicate
- Join clubs & activities
- Be organized about your studies
- One bad grade won't ruin your life. Keep your head up high & try harder next time
- Make time for yourself and don't stress
- Don't over stress about grades
- You may think you're alone, but know you're not & that people love you
- Take ownership of your mistakes

Physical

- Communicate
- Make sure to take time to make sure you have time for yourself
- Eating well
- Proper sleep & nutrition
- Working out to stimulate the brain
- Getting enough sleep
- Working out - try to always hit a new goal
- I like to run, it's relaxing
- Work out! release endorphins
- Don't eat to eat
- Get enough sleep; drink water, stay physical; play sports anywhere

Self Care

Emotional

- Communicate
- Talk to people when you are down
- Worry about your needs before others and not what others think about you
- Stress ball
- Ice Cream!
- Talk to a trusted person
- Practice breathing exercises
- Talk honestly about how you are feeling with a trusted person
- Talk to counselors or parents
- Talk to a trusted adult
- Do things that make you happy

Personal

- Communicate
- Listen to yourself
- Enjoy time with yourself
- Surround yourself by positivity and don't let negative thoughts bring you down
- Listen to music when stressed
- Create art, painting and doodling
- Write music, poetry, etc...
- I like to ride my bike
- Think happy thoughts
- Read