

# Be Kind to Your Mind!



## Having a hard day?

Try some of these coping strategies to boost your everyday well-being!

Practice deep breathing

Spend time in nature

Write in a journal

Play with a friend

Meditate

Exercise

Read a book

Spend time with family

Practice gratitude



## Make sure to avoid unhealthy coping strategies:

Drug & alcohol use

Isolation

Self-harm

## Are you feeling any of the following?

- Often Feeling sad, lonely, anxious or depressed
- Not being able to control your emotions
- Lost interest in things that were once enjoyable
- Having thoughts of suicide or harming yourself

**If yes, let's find some support.**

## Mental Health Support & Resources

- Mental Health Therapist
  - School Psychologist
  - Counselor
  - ANY Trusted Adult
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- Suicide & Crisis Lifeline: **988**
  - Crisis Text Line: Text "**Home**" to **741741**
  - Substance Abuse & Mental Health Services Administration Hotline: **1 (800) 662-4357**

