

I'M FEELING:

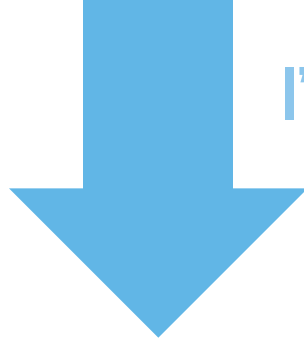
- TIRED  
- NO ENERGY  
- CRUMMY  
- HUNGRY  
- LAZY

# MY BODY

When you're not taking care of your body, nothing else feels right, so this is a great place to start when you feel like there's too much going on to handle.

**Here's what I will do to take care of my body when I feel like my back is against a wall:**

- **Eat a tasty snack**
- **Drink a big glass of water**
- **Exercise** (walk, run, bike ride, stretch, do push-ups, play Wii)
- **Get up**, take a shower/bubble bath, and get dressed
- Turn on some music and **dance**
- **Take 10 deep breaths**
- **Go to bed** early or take a nap



I'M FEELING:

- PANIC  
- SADNESS  
- HOPELESSNESS  
- NEGATIVITY  
- FRUSTRATION  
- ANGER

# MY MIND

When you're really stressed it's important to relax your mind, and it's really hard to do that in the heat of the moment.

**Here's what I will do to take care of my mind when my life feels out of control:**

- **Listen to music** or work on a song I'm writing
- **Watch a movie**
- **Do something artistic** like draw, paint, dance or sing
- Look in the mirror and tell myself, "**I'm a rock star**"
- **Write** in a journal
- **Read** a book
- **Lose the caffeine**
- Take a **personal timeout**

# MY SOCIAL LIFE

I'M FEELING:

- ISOLATED  
- LONELY  
- DISCONNECTED  
- LEFT OUT  
- BEING A LONER  
- ANTI-SOCIAL

We all feel better when we're around other people. That's why the last step in your plan should be to connect with others or reach out for more help. There's no reason to try to deal with it alone.

**Here's what I will do to take care of myself socially when I'm feeling alone:**

- **Call a friend** or trusted family member
- **Start a blog** or a vlog
- Find out what **clubs my school** has that I'd like to join
- **Play with my pet** or take my neighbor's dog for a walk
- Fill idle time by **volunteering** for something I care about
- **Connect with friends** on Facebook, Twitter or Tumblr
- When in doubt, **get out and people watch!** (Go to mall, bookstore, community center, etc)



# YOU

... JUST GOT DUMPED.

YOUR PARENTS ARE FIGHTING.

YOU BOMBED A TEST.

YOUR FRIENDS JUST DON'T CARE.

## WHAT DO YOU DO NOW?

TRY TAKING IT ONE STEP AT A TIME. DOING ONE  
OR TWO OF THE THINGS IN THIS PACKET CAN  
KEEP STRESS UNDER CONTROL NOW, SO YOU  
CAN SORT OUT THE BIGGER ISSUES LATER.

## IF NOTHING IS WORKING...

Sometimes, no matter what you do to try  
to help yourself, it never feels like enough.  
If you are feeling like you just want to give up,  
please reach out to the YouthLine. **We will  
listen, support and NEVER judge.**  
You can text teen2teen to 839863 between  
4 and 10 PM daily, or call 1-877-968-8491  
at any time of the day or night to talk to us  
about anything.

**WE LISTEN. WE SUPPORT.  
WE KEEP IT TO OURSELVES.**

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