

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:

- TIRED
- NO ENERGY
- CRUMMY
- HUNGRY
- LAZY

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

I'M FEELING:

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

MY SOCIAL LIFE

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.

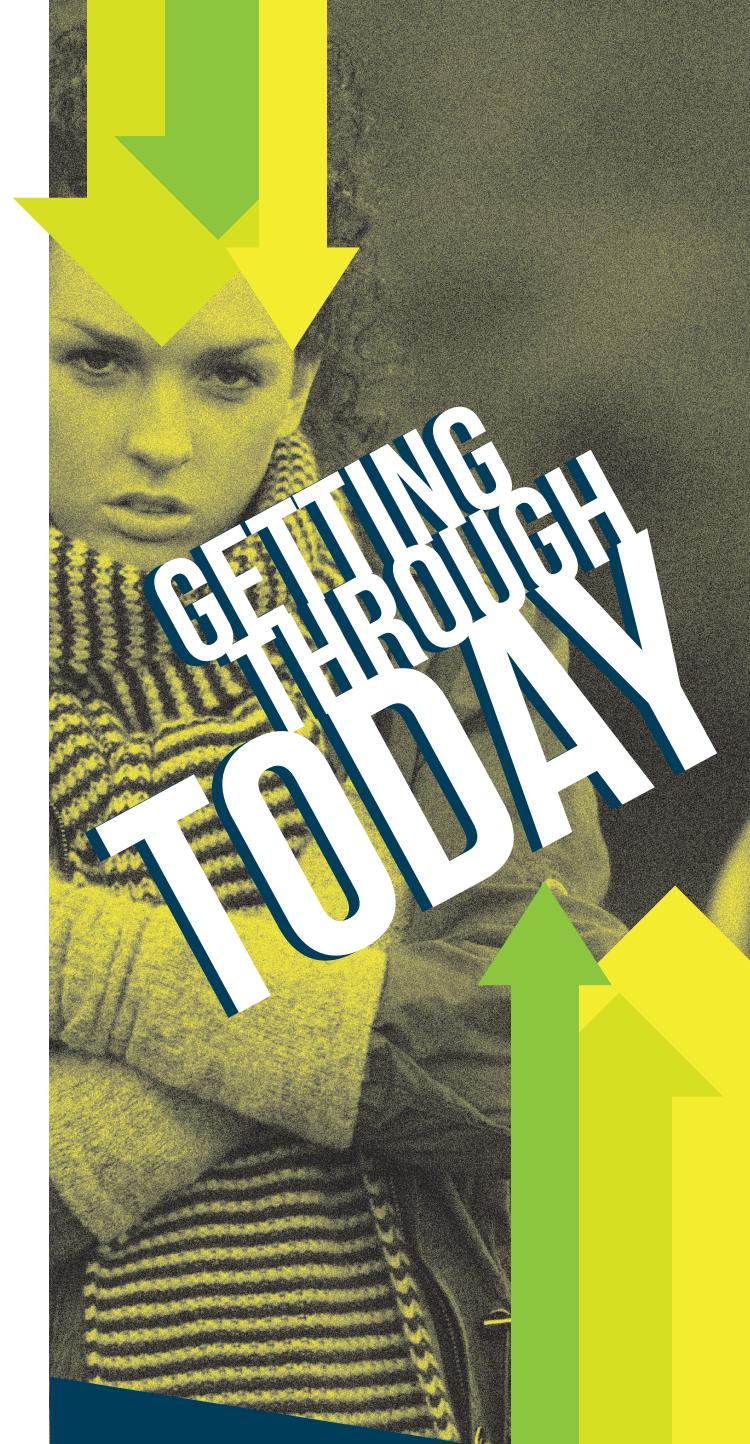
IF NOTHING IS WORKING...

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.**

CALL THE YOUTHLINE (1-877-968-8491)
OR TEXT TEEN2TEEN
TO 839863

Oregon
youthline
A Service of Lines for Life



Oregon
youthline
A Service of Lines for Life