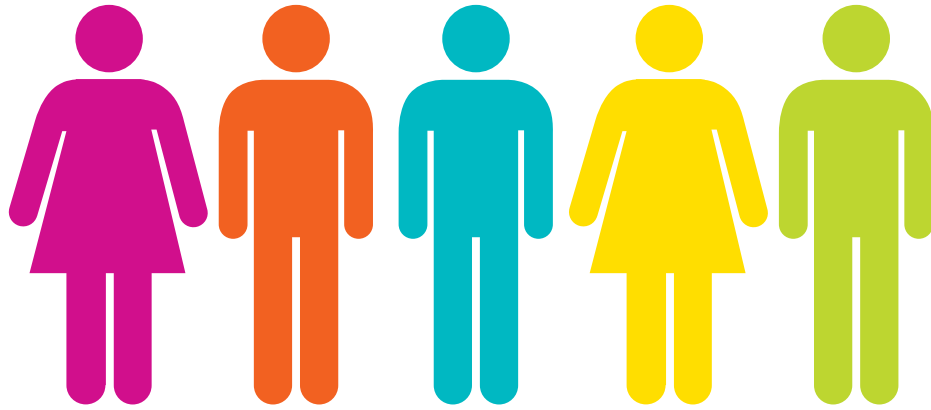
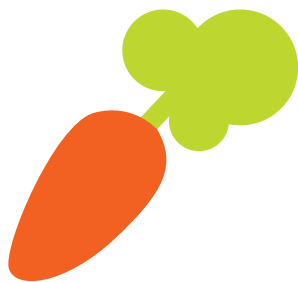


STRESSED OUT?



Don't let a day go by without looking after yourself, even in small ways.

Take time to do nothing and have a rest when you need to



Eat good food



Get good sleep and rest every day

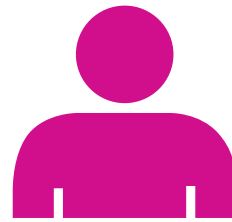


Drink water through the day

Get physical to get your
body moving every now
and then



Treat yourself to
something you really
enjoy



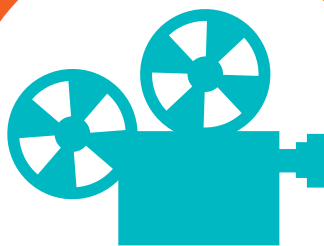
Give yourself permission to
feel whatever you feel and
forgive yourself – don't expect
too much of yourself

Tell yourself you're doing

OK



Wear your
favourite clothes



Go to a movie
that'll help you
laugh or relax



Listen to the
music you like

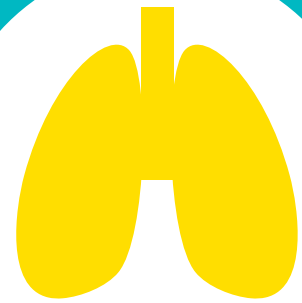
LOL

Laugh and
don't feel
guilty if you're
having a good
day!



Be with
yourself for
a while

Take some long,
slow, deep breaths
and relax



Get out into nature
– go to the beach
or walk in the
park...

Find quiet places
where you can
chill out



Give yourself all the
time you need to
get through this

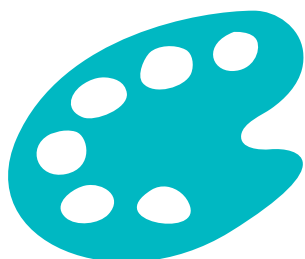


Read the stuff you
really like



Do the things
that make you
happy

Make something creative



Bake your favourite things, cook your favourite meal

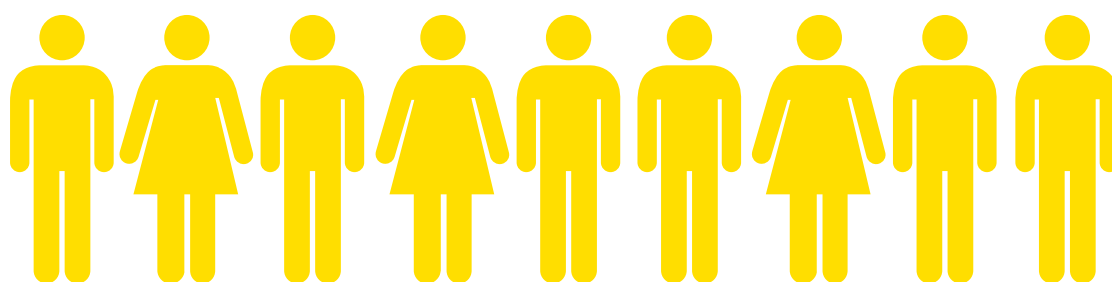


Get a massage



Hang out with good friends – keep connected with people. Spend time with people you know really care about you

Join a youth support group if there's one in your area



Call a friend – old or new



Get help and support if you need it – ask till you get it



Visit or stay with a friend for a while. Take a holiday – even a short one



Remember it's OK to still
have good times in the
middle of hard times

Keep yourself safe



Be patient with
yourself – you're
only human!

One step
at a time,
and you'll
get there.



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