



10 SELF-CARE STRATEGIES FOR TEENS



- 1** It's OK to feel overwhelmed. Focus on what you can control, like your breathing and being in the present moment.
- 2** Spend time outside, even if you're avoiding crowds.
- 3** Engage in mindfulness activities, such as starting a gratitude journal or preparing your favorite meal.
- 4** Practice self-care in whatever form it looks like to you, which may include exercising, reading, meditation or getting adequate sleep.
- 5** Reach out to whomever and whatever you know helps you.
- 6** Make a list of your favorite songs or movies, and share the list with your friends.
- 7** Challenge negative beliefs about change.
- 8** Find new ways to connect with your friends. Social distancing should not mean social isolation.
- 9** Make your space comfy and cozy.
- 10** Set boundaries with your media consumption.

TEEN APPS FOR SELF-CARE



GRITX STOP, BREATHE, THINK VIRTUAL HOPE BOX