

GET ACTIVE

Exercising is a great release for nervous energy and an energy booster. It also improves a person's mood.

- Go outside for 15 minutes
- Ride a bicycle
- Train in a martial art
- Yoga/Pilates
- Go for a walk
- Get together with friends to play frisbee, soccer, or basketball

TALK IT OUT

Talking out your feelings and emotions helps you feel supported and understood and helps you stay in the present.

- Talk to someone close to you
- Text or call a friend
- Talk to a therapist

SELF-CARE

Practicing self-care increases happiness, improves concentration, reduces or eliminates anxiety or depression, and improves energy.

- Take a rest break
- Give yourself a facial
- Learn healthy habits
- Watch an old, happy movie
- Play a video/computer game
- Make a smoothie, milkshake, or hot chocolate
- Paint your nails
- Make a playlist of your favorite songs
- Take a hot shower or relaxing bath
- Do breathing exercises

BE KIND

Being kind can boost feelings of confidence, happiness, optimism, and being in control.

- Do a random act of kindness
- Smile at 5 people
- Play with your little brother/sister/niece/nephew
- Clean up trash at your local park
- Feed the ducks, birds, or squirrels
- Hug a friend or family member

COPING SKILLS

It's important for kids to learn skills to manage their emotions in a healthy way. Coping skills are an effective way to help them face their fears, calm themselves down, and cheer themselves up.



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ENGAGE YOUR MIND

Engaging the mind allows one to feel happier and healthier and improves the thinking ability.

- Learning a new language
- Complete a puzzle
- Read a good book
- Memorize a poem, play or song
- Do a word-search or crossword
- Take up a new hobby
- Look up new words and use them
- Do breathing exercises

SELF LOVE & REFLECTION

Practicing self-love and reflection develops healthy self-esteem, develops a healthy lifestyle, and teaches how to deal with adversity.

- Write yourself an "I love you because" letter
- Make a list of blessings in your life

GET CREATIVE

Making art reduces stress, boosts mindfulness, and interrupts dwelling on negative thoughts.

- Color or paint
- Draw a picture
- Create or build something
- Knit or sew
- Write a poem or a song
- Start a scrapbook

RELEASE

Releasing lowers blood pressure, reduces pain and stress, and improves mood.

- Allow yourself to cry
- Rip paper into tiny pieces
- Punch a pillow

CHANGE YOUR SCENERY

Changing the scene boosts mental health, helps break the monotony, creates new habits, and improves the brain's capabilities.

- Rearrange furniture
- Clean your room/closet
- Move EVERYTHING in your room to a new spot

PLAN FOR A POSITIVE FUTURE

Planning for a positive future improves psychological well-being.

- Make a list of goals for the week/month/year
- Hunt for your perfect home or car online
- Plan your wedding/prom/other event
- Plan your dream room (colors/furniture)