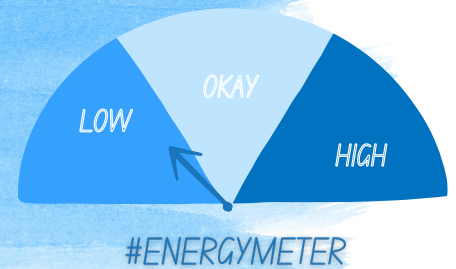


SIGNS YOU NEED A BREAK

1. YOU ARE RESTLESS
2. YOU ARE EATING DIFFERENTLY
3. SIMPLE THINGS IRRITATE YOU
4. YOU HAVE INCONSISTENT SLEEP
5. THINGS THAT NORMALLY WOULD MOTIVATE YOU OR MAKE YOU HAPPY, DO NOT
6. YOU ARE TIRED A LOT
7. YOU PHYSICALLY DO NOT FEEL WELL
8. YOU ARE WITHDRAWN A LOT



4 WAYS TO DETOX YOUR MIND:

#1

BE MINDFUL OF WHO YOU SPEND TIME WITH AND HOW YOU FEEL WHEN YOU'RE WITH THEM. IF THAT FEELING IS NEGATIVE STOP HANGING OUT WITH THEM!

#2

TAKE BREAKS- FROM SCHOOLWORK, TECHNOLOGY, ETC. SOME TIMES WE JUST NEED A QUICK RESET.

#3

SAY "NO" WHEN YOU NEED TO. IF YOU DON'T WANT TO HANGOUT OR DO SOMETHING, THAT IS OKAY!

#4

BE SELECTIVE WITH WHO YOU FOLLOW ON SOCIAL MEDIA! WE SPEND A LOT OF TIME ONLINE, LET'S MAKE SURE WE ARE CONSUMING POSITIVE CONTENT.

TYPES OF SELF- CARE



PHYSICAL

SLEEP
WALKING
HEALTHY FOODS
RUNNING
STRETCHING
RESTING



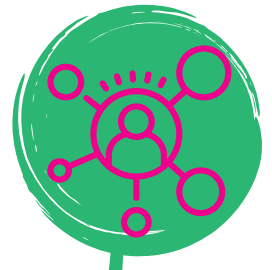
SPIRITUAL

TIME ALONE
MEDITATION
NATURE
PRAYER



EMOTIONAL

STRESS
MANAGEMENT
COPING SKILLS
JOURNALING
THERAPY



SOCIAL

SETTING
BOUNDARIES
TIME TOGETHER
ASKING FOR
HELP
SUPPORT SYSTEMS
COMMUNICATION

TYPES OF COPING

FEELINGS

DEPRESSION
SADNESS
FEAR
UNCERTAINTY
SHOCK
DISAPPOINTMENT
RAGE
ANXIETY
NUMBNESS
PANIC
ANGER

ACTIVE COPING

RECOGNIZE AND SHARE FEELINGS	PROBLEM SOLVE
GET ENOUGH SLEEP	ASK FOR HELP
EAT NOURISHING FOODS	EVALUATE ASSUMPTIONS
MEDITATE	SET PRIORITIES
FOCUS ON FACTS	FORGIVE SELF AND OTHERS
CONSIDER YOUR VALUES	EXERCISE

NEGATIVE COPING

PROJECTION	HOPELESSNESS
SUBSTANCE USE	THOUGHTS OF SELF-HARM
DENIAL	MINIMIZATION
DEFIANCE	WITHDRAWAL
BLAMING	ALL OR NOTHING

Using negative coping skills when you have negative feelings can make those feelings even stronger. Try some active coping strategies to relieve these feelings in a healthy way.