

CARE FOR YOUR

MIND



LOOK up[®]

**FIND
SUPPORT**

Share your thoughts and feelings with a trusted friend. Text “worth” to 494949 for immediate help.



Think every day about things in your life that you're grateful for. Write them down and read through them when you're having a bad day.

**BE
THANKFUL**

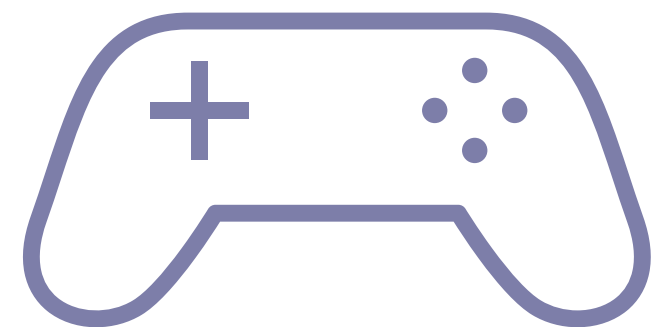


**BE
BALANCED**



Don't obsess over things, whether it's your grades, appearance or popularity. You can't be perfect—just try your best. Stay informed, but don't watch the news too much.

**TAKE
BREAKS**



Find ways to relax and unwind with activities you enjoy—like exercising, gaming, reading or other hobbies.