

WHAT CAN I DO IF I AM FEELING WORRIED?

Circle of Supports

1. Talk about how you are feeling with people you trust.
2. If you have questions, ask that trusted person to help you understand or read credible sources for more information.
3. Keep in touch with friends, even if you're not seeing them in person everyday.
4. Video chat or call loved ones/friends who don't live near you.

Breathe it Out

Your body may be feeling on edge or overwhelmed, take some time to sit and slow your breathing. Try these easy breathing exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much time you will set aside for a particular subject each day, how long you'll train for a sport or practice your instrument each day, how many friends you'll reach out to check in with each day, or something else that's important to you!

Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about these worries all you want. When the timer goes off, the time to worry is over! Get up, move to a new space, and think of something else!
2. Write your worries in a journal or a piece of paper to tear up and toss in the trash can.

Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

Ms. Skokna is available via email OR google voice to talk as needed.

You can also text "Home" to 741741 to speak with a crisis worker over text 24/7 for free and confidential support.