1. Positive Friends I can talk to:
   a.
   b.
   c.

2. Mentors or Supports I can talk to:
   a. Family
   b. Community
   c. School
   d. Spiritual

3. If I am feeling down or sad, I can do these activities:
   Physical activities/stress relievers (such as walking, biking, working out, yoga):
   ○ ○ ○
   Quiet, calming activities (such as taking a nap, writing in my journal, petting my dog):
   ○ ○ ○
   Concentration activities (such as watching a funny show, reading a novel, writing thank you notes):
   ○ ○ ○

4. Ways I can help others right now:
   a.
   b.
   c.

5. Three things that I am grateful for:
   a.
   b.
   c.

6. Good things that have happened today or yesterday even in the midst of tough stuff.
   a.
   b.
   c.

7. What are ways that I can invite others to use their Strengths too?
   a.
   b.
   c.

*If I am concerned about my thoughts right now, I can call the Lifeline at 800.273.8255*