



MY STRENGTHS - SELF CARE CARD

1. **Positive friends I can talk to** (list name and phone number):

- a.
- b.
- c.

2. **Mentors/Trusted Adults I can talk to:**

- a. Family
- b. Community
- c. School

3. **If I am feeling down or sad, I can do these activities**

a. Physical activities/stress relievers (such as walking, biking, working out, yoga):

- 1.
- 2.
- 3.

b. Quiet, calming activities (such as taking a nap, writing in my journal, petting my dog):

- 1.
- 2.
- 3.

c. Concentration activities (such as watching a funny show, reading a novel, writing thank you notes):

- 1.
- 2.
- 3.

4. **Some things I can do to help others right now are**

- a.
- b.
- c.

5. **Three things that I am grateful for:**

- a.
- b.
- c.

6. **Something good that has happened today or yesterday even in the midst of tough stuff.**

If I am concerned about my thoughts right now, I can call a counselor at _____

or the hotline at **800.273.8255**

I have strengths, and I am strong enough to ask for help if I need it.

One adult I can ask is _____ and their phone number _____

