MY STRENGTHS - SELF CARE CARD

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

2. Trusted Adults I can talk to
   a. Family: 
   b. Community 
   c. School or church 

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 ____________________________