Positive Friends I can talk to:

Mentors or Supports I can talk to:
- Family
- Community
- School
- Spiritual

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):

Ways I can help others right now:

Three things that I am grateful for:

Good things that have happened today or yesterday even in the midst of tough stuff:

What are ways that I can invite others to use their Strengths too?

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