

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:

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 Suicide and Crisis Lifeline at 988

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 is _____