

Getting Through Today

- You're feeling confused
- You're being bullied
- You're planning your future
- Your friend is struggling with substances
- You failed a test
- You took a risk
- You're questioning your sexuality or gender
- You're under pressure
- You're applying to college
- You got diagnosed
- You're having thoughts of suicide
- You had a bad day
- You're grieving the loss of a loved one

Life can be hard sometimes:

What do you do now?

Sometimes we just need to **get through today**. So, try taking it one step at a time. Check out the coping skills on the back. And if nothing is working?

This is where YouthLine comes in. If you feel like you don't know where to start or you just want to give up, please reach out:



Call: **877.968.8491**

Text: **“teen2teen” to 839863**

Chat: **theyouthline.org**

My Body

When I'm feeling:
tired, in pain, hungry,
exhausted, lethargic

Here's what I can do to
take care of my body:

Eat a snack

Drink a big glass of water

Move your body

(walk, dance, run, stretch)

Get up, shower, get dressed

Meditate

Go to bed early or nap

Try a breathing exercise

(Google square breathing, 7/11 breathing)

Call, text, or chat the YouthLine

YouthLine

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My Mind

When I'm feeling:
sad, hopeless, panicked,
frustrated, angry, numb

Here's what I can do to
take care of my mind:

Listen to music

Watch a show or movie

Finish homework or study

Do something creative

**Look in the mirror and remind
myself: "I'm doing the best
I can right now"**

Journal or Read

Make a To Do List

Have less caffeine

Clean and organize my space

Take a break from social media

Call, text, or chat the YouthLine

My Social Life

When I'm feeling:
isolated, disconnected, lonely,
left out, anti-social, alone

Here's what I can do to
take care of myself socially:

**Call or text a trusted friend
or adult in my life**

**Identify the people in my life
who support me**

Volunteer

Connect with friends online

Explore clubs at school to join

Play with my pet

**Go to a park or bookstore to
people watch**

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