

# 1000

## ways to stay safe\*

### HOW CAN I TAKE CARE OF MY MIND?

- Listen to music and draw
- Read
- Go to therapy
- Journal
- Organize your space
- Go on long walks
- Listen to music
- Read a comic book
- Write in your journal
- Finish homework
- Find music that makes you feel happy and at peace
- Listen to podcasts
- Doodle
- Go to school

- Practice calligraphy
- Watch TV
- Clean your room
- Watch rom-coms with a parent
- Avoid procrastinating
- Bake
- Space out and clear your mind
- Play video games
- Call the YouthLine

### HOW CAN I TAKE CARE OF MY BODY?

- Go longboard
- Play volleyball
- Go on walks with a doggie
- Run Track and Cross Country
- Work out in a way that is non-triggering and makes you feel strong
- Make lots of time for sleep
- Do breathing exercises
- Walk
- Swim
- Eat
- Try to stay consistent with hobbies
- Play tennis
- Get good sleep at night
- Nap during the day
- Stretch
- Practice skin care routines
- Go on nature walks
- Exercise and lift weights
- Go to the gym
- Cook good food
- Sleep in
- Do yoga
- Eat nutritious food
- Go for hikes
- Drink water
- Go to the doctor
- Spend time outside while the weather is nice
- Eat vegetables
- Go to the park

### HOW CAN I TAKE CARE OF MYSELF SOCIALLY?

- Make weekend plans with people that fill your cup
- Video-call family and friends
- Get food with friends
- Hang out with younger siblings or relatives
- Give friends hugs and smiles
- Step outside your comfort zone with your friends
- Hang out with friends
- Make plans with friends
- Spend more time with family
- Go fishin'
- Stay at home some days
- Go to shows
- Talk to yourself
- Set boundaries
- Reach out instead of waiting for others to
- Get alone time and don't overbook yourself
- Have dinner with family
- Take time for yourself and watch TV when socially burnt out
- Hang out with your friends and their pets
- Go to school events

\***contact**

**YouthLine**

A SERVICE OF  **lines for life**

- Bike with your buddies
- Enjoy your alone time so you are energized with friends
- Set boundaries for yourself
- Chat with your pet

**Let's talk.**

**We listen. We support.**  
**We keep it to ourselves.**

Talk: **877.968.8491**

Text: **teen2teen to 839863**

Chat: **theyouthline.org**

4-10 pm PT