

Self-Care List

By teens for teens

Take a shower (but not within the first 72 hrs if you want to make a report)

Clean your room

Go on a walk

Talk to friends

Meditate

Do what makes you happy

Write/journal and burn, rip, or burry it

Drink water (ice wawa)

Take some breaths

Learn coping mechanisms that work for you

Go on a hike or be with nature

Find a hobby

Exercise

