

COUNT TO CALM

RIGHT NOW, CAN YOU NAME...

5

things you can

SEE



4

things you can

TOUCH



3

things you can

HEAR

2

things you can

SMELL



1

thing you can

TASTE



Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

988
SUICIDE
& CRISIS
LIFELINE



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