

Are you taking care of all 3 aspects of your health?

Physical Health

- ☐ Get a good night's rest
- ☐ Eat healthy
- ☐ Exercise
- ☐ Spend time in nature

Mental Health

- ☐ Learn and use calming strategies
- ☐ Talk about your feelings
- ☐ Practice mindfulness

Social Health

- ☐ Apologize when you need to
- ☐ Set healthy boundaries with friends
- ☐ Choose positive people to spend time with

Notice a weak area?
**Make a plan
to improve it!**

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.

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