



# UNLEASH YOUR INNER SUPER HERO

Affirmations are positive things we say to ourselves to give us a boost.

I WILL DO MY BEST TODAY

I CAN DO HARD THINGS

I LOVE MYSELF FOR WHO I AM

CHALLENGES MAKE ME STRONGER

**POW!**

I AM RELAXED AND CALM

**BOOM!**

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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