

## A SENSORY CHECK IN

Let's slow down. If you are able to, sit or stand in any position that feels comfortable. Focus on where your body makes contact with the ground. Adjust your position until you are comfortable in your stillness.

Breathe. What do you notice from this place of contact? What are your emotions? Are they comfortable, uncomfortable or neutral?

Meg-John Barker, Ianaffi, A., & Lester, C. N. (2019). Life Isn't Binary: on being both, beyond, and in-between. Jessica Kingley Publishers.

## Treat yourself like a plant!

Taking care of your wellbeing is an act of self-care. It can help you reduce stress, cope with difficult feelings, better avoid burnout, and find positivity. Here are 4 ways you can practice self-care by treating yourself like a plant!

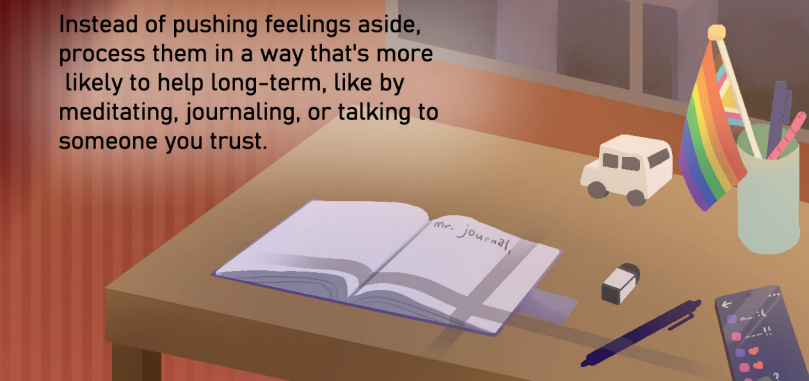
1. Get some sunlight.
2. Drink plenty of water.
3. Get some fresh air and activity.
4. Get some nutrients and minerals.



Recognizing your emotions is part of staying mentally and emotionally healthy.

Using substances like cannabis (marijuana) or vaping nicotine can impact both in not-so great ways.

these substances can worsen feelings of anxiety and depression!



## GETTING SUPPORT

By Sally Hoy

**Feeling burnt out from the stress of life?**  
 ★ Invite a friend or 2 for a stress relieving hangout!  
 ★ Utilize online chatting to talk to people privately. Discord is a great platform for this!  
 ★ Find/make a support group you can access easily. This can be a group chat, a study club + more!

### YOUR RESOURCES

- Your school's health center
- Counselors
- Teachers
- Friends & Family
- Support groups

## ASKING IS AWESOME 😊

The fact is: we all need help!  
 DON'T do it alone! You're NOT a burden on anyone!  
 People who care are there to GUIDE you!

Good, bad, big, or small—don't go through it alone. These free resources are available anytime you need someone to listen without judgment.

Teen Link  
 teenlink.org  
 1.866.TEENLINK (833.6546) +2 to talk to a substance use specialist

988 Suicide and Crisis Lifeline  
 988lifeline.org  
 Dial 988 for the Suicide and Crisis Lifeline  
 Dial 988 + 3 for the Trevor Project  
 Dial 988 + 4 for the Native and Strong lifeline

2Morrow Health  
 Register for the app at [doh.wa.gov/quit](https://doh.wa.gov/quit)

Seattle's LGBTQ+ Center  
 formerly Gay City  
[gaycity.org](https://gaycity.org)

YOU CAN  
 YouCanWA.org

artist credit  
 Raidon:  
 @raidonraiden  
 Rei P.  
 Kenneth  
 Jade:  
 icliangyu on Tumblr  
 Sally Wu Hoy:  
 @spookybokchoy

