

BE KIND TO YOURSELF

Some things you control, some things you do not. Your thoughts, your actions and even your emotions you control and they all **MATTER!**



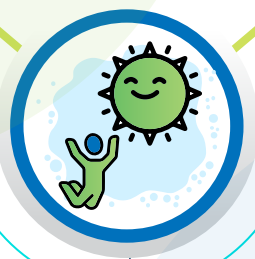
Allow yourself to understand your emotions



Forgive yourself and others, mistakes are necessary to learn



Practice mindfulness activities



Laugh and express joy



Practice positive self-talk



Do something nice for yourself



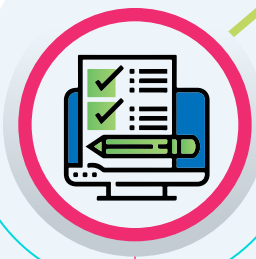
Do something nice for someone else



Talk & connect with family and friends



Challenge yourself



Make a gratitude list and share it!

REACH OUT

Text "HOME" to 741741 – a 24/7 texting service providing crisis support! Or call – 916-368-3111 for 24/7 crisis support!

Visit www.sanjuan.edu/gethelp to access the SJUSD support form