Share your own feelings to encourage self-awareness.

Set aside time for low stress or solo activities.

Find social groups that help youth feel like they belong.

Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage journaling and writing.

Establish a self-care routine.

Practice self-care for yourself to set the standard.

Encourage youth to focus on the moment.

"I am angry."
"I am sad."