

# Self-Care

&

# Mental Health

## Tips for

## Kids



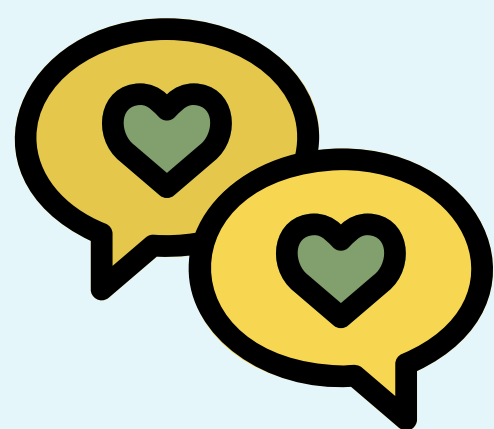
Share your own feelings to **encourage** self-awareness.



Focus on articulating **feelings.**

"I am angry."

"I am sad."

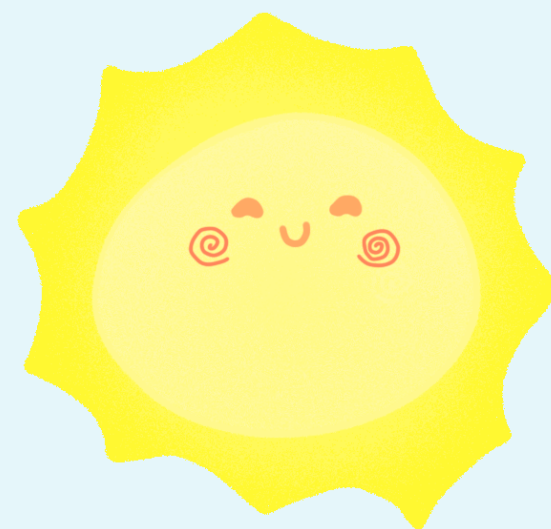


Practice self-care for yourself to set the **standard.**

Set aside time for **low stress** or solo activities.



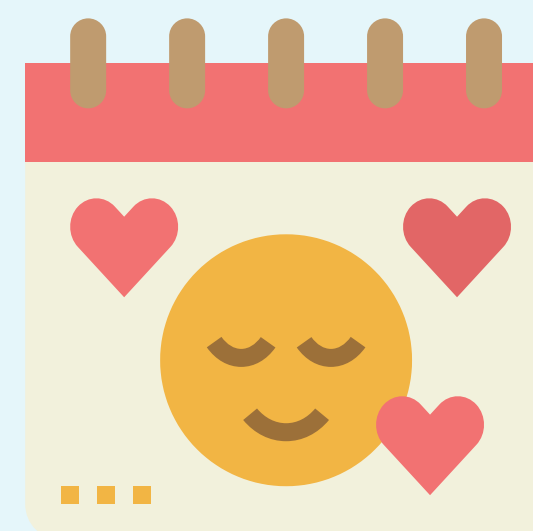
Encourage **journaling** and writing.



Encourage youth to focus on the **moment.**



Find social groups that help youth feel like they **belong.**



Establish a **self-care** routine.

