

**SELF CARE YEA!  
LET'S DO THIS!  
MENTAL HEALTH!  
IT'S GONNA BE SO FUN!**

**My quick coping skills:**

- **Deep breathing (4-5-6):** breathe in for 4 seconds, breathe out for 6 seconds, do this 5 times
- **Mindfulness (5 senses):** count 1 thing you feel, 1 you hear, 1 you taste, 1 you smell, and 1 you see

**My people I trust:**

	<b>Name / Relationship</b>	<b>Phone Number</b>
Adult at home		
Other adult		
Friend		

**A love letter to myself:**

**One very happy thing:**

**One very calming thing:**

**You got this!**

You are strong and beautiful and brilliant and kind and caring and we love you!  
- The Girls Club

*If you need help text HOME to 741741*