

# THESE MAY BE THE MOST IMPORTANT RESOLUTIONS YOU MAKE THIS YEAR...

*Resolve to take care of yourself, physically and mentally!*

- \* Exercise
- \* Eat healthy, and enjoy treats in moderation
- \* Get enough sleep
- \* Avoid vaping, alcohol, and drug use
- \* Resist negative thinking
- \* Make time for family and friends
- \* Practice mindfulness and/or yoga
- \* Talk about your feelings
- \* Ask for help if you're stressed
- \* Be kind to yourself

**ARE YOU OR A FRIEND STRUGGLING?**

*~ Talk to a trusted adult. ~*  
**DON'T KEEP IT TO YOURSELF.**

SCHOOL COUNSELOR

COACH OR ADVISOR

STUDENT ASSISTANCE  
COUNSELOR (SAC)

TEACHER

CASE MANAGER

PRINCIPAL


CALL OR TEXT  
A HOTLINE

ASSISTANT PRINCIPAL

SCHOOL NURSE

DOCTOR

PARENT OR OTHER  
FAMILY MEMBER



**Crisis Text Line**

is a free, 24/7 emotional support for those in crisis.

Anyone can use this service by texting the number

**741741**

Texters remain anonymous.

Learn more: <http://www.crisistextline.org/>

**Call or text 24/7/365**

**2NDFLOOR**  
**888-222-2228**  
**YOUTH HELPLINE**