

LIFESAVERS

When you are feeling down, angry, confused or frustrated, how do you cope? List the people who you trust, and who you can turn to for help. What are activities that you can do to make you feel better?



Make a list of people you can go to for support:
(family, friends, other trusted adults)



What are activities that help you feel better?
(journaling, exercise, reading, music, spending time with others)



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