

KEEP YOURSELF IN CHECK



WAYS TO TAKE CARE
OF YOUR WELL-BEING.



FOCUS ON YOU

We can't control what other people think of us. So, don't get hung up on someone else's opinion. Put yourself first.

MAKE TIME FOR FUN

School, sports, friends, family. Life can get busy and we all need to give ourselves a break.

BE HEALTHY

Exercise, eating, and getting lots of sleep keeps us focused so we can deal with whatever comes our way.

GIVE A HEADS UP

It's okay not to be okay. If you're off, reach out. Tell someone how you're feeling. The people in our lives are here to listen.

GET OUTSIDE HELP IF YOU NEED

If you're having negative thoughts or worried about something serious, talk to a trusted adult or healthcare professional.

TAKE CARE OF EACH OTHER

Be there for others. Inspire all of us to do a good job on our well-being. Together we can make things better.

