GROUNDING

* **Meditation** (yoga, tai chi, etc.)
* **Deep breathing**
* **5-4-3-2-1** (Look around you and find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.)
* **Progressive Muscle Relaxation (PMR)** (Contract different muscles while breathing deeply.)

**UNWINDING**

* **Take a bath.**
* **Spend time in nature.**
* **Read a book.**
* **Listen to music.**

**MINDFULNESS**

* **Reframe negative thoughts.** (Stop yourself when you have a negative thought and think, “Is the thing I am worrying about really as bad as I think it is going to be?”)
* **Journaling** (Keep a journal to identify and reframe negative thoughts.)
* **Positive affirmations** (Say encouraging things to yourself like “I can do this!”)

**HEALTH**

* **Physical exercise.** (Get some kind of exercise daily.)
* **Limit caffeine consumption.** (Cut back on coffee and energy drinks.)
* **Prioritize healthy eating and sleeping habits.** (Eat less junk food and try to get 8 hours of sleep each night.)

**STRUCTURE**

* **Establish a daily/weekly routine.** (For example, set an alarm each day so that you have plenty of time to get ready.)
* **Set realistic goals.** (For example, let’s say you’ll be getting your driver’s license. Decide what goals you can set in order to overcome obstacles and get your license.)
* **Put boundaries on social media/news consumption.** (Consider spending less time on your phone.)

**SOCIAL SUPPORT**

* **Be part of a community.** (For example, join a club or volunteer at community events.)
* **Talk to a friend or family member.**
* **Spend quality time with loved ones.**
* **Meet with a doctor or therapist.**