

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.**