

Understanding When to ACT

The challenges of high school are no small thing, especially with social distancing and not being able to see your friends as much. It's normal to feel anxious or down sometimes. However, when worry prevents you from doing things you enjoy or when you experience feelings of sadness for more than a couple weeks, you may need support. Whether you notice a change in yourself or a friend, it might be time to ACT.

Healthy Coping Strategies at a Distance



Journaling – try spending a few minutes reflecting on your day in a journal. If you have trouble getting started, jot down a few lines about your feelings or how a friend is feeling. Another option is to write down three things you're grateful for that day.

Exercise – physical activity boosts your mood and is healthy for your body and mind. It can come in many forms such as running, biking, or even just walking your dog. With additional time at home, you can also take advantage of trying yoga or an exercise class online.

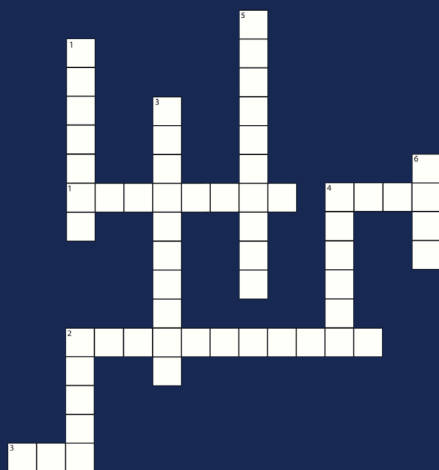


Hobbies – try a virtual book club or learn a new skill through free online videos. Offer to fix something around the house or to cook a special dinner. The possibilities available during this time of virtual learning and social distancing are endless!

Family Time – When is the last time you played a board game with your sibling? Or watched a movie with your parents? Now is the time to get reacquainted with the people under your roof.

Concerned About How a Friend is Coping?

Remember **ACT** as an easy way to help – **Acknowledge** what they're feeling, show you **Care**, and help them by **Telling** a trusted adult. Complete the below crossword puzzle with clues about ways to take care of yourself and your friends.



ACROSS

1. Walks or bike rides are examples of this way to stay healthy
2. When you see signs of trouble and realize it's serious
3. Three steps to help a friend in need
4. When you show your friend their feelings are important

DOWN

1. Activities you do for fun
2. A person who can help with problems is called a trusted
3. Writing down your thoughts and emotions
4. Healthy strategies to help you through hard times
5. A bond between two people
6. When you share worries with an adult so they can help

If you are concerned about yourself or a friend – reach out to **The National Suicide Prevention Lifeline**: Call **1-800-273-8255** to access free, 24/7, confidential support for people in distress, prevention and crisis resources. **Crisis Text Line**: Text **ACT** to **741741** for free, 24/7 crisis support.