

**You just got dumped.
Your parents are fighting.
You failed a test.
You're applying to college.
You're feeling confused.
Your friends just don't care. You got diagnosed. You're being bullied.
You took a risk. You're having thoughts of suicide. You had a bad day. You're grieving the loss of a loved one.
You're planning your future. You're questioning your sexuality. You lost the big game. Your friend is struggling with substance abuse. You're under pressure.
Your confidence is low.**

What do you do now?



Sometimes, we just need to **get through today**. So, try taking it one step at a time. This brochure is full of helpful coping skills you can try when you're feeling overwhelmed. Doing one or two of the things in this brochure can keep stress under control now, so you can sort out the bigger issues later.

And if nothing is working?
That's where YouthLine comes in.

If you feel like you don't know where to start or you just want to give up, please reach out:

Call 877.968.8491
Text 'teen2teen' to 839863
Chat www.OregonYouthLine.org

YouthLine

A SERVICE OF  lines for life

The YouthLine is a **free** and **confidential** peer-to-peer crisis and support service provided by Lines for Life, a regional non-profit dedicated to preventing substance abuse and suicide. YouthLine operates a helpline that provides crisis support and referrals via phone, text, chat, and email. The YouthLine is answered by youth volunteers daily from 4pm-10pm PST and by adults at all other times. No problem is too big or too small.

YouthLine also operates a peer-supported classroom and community outreach program to destigmatize mental health challenges, increase awareness for mental health and wellness, and encourage youth to reach out for help. YouthLine's crisis helpline and outreach are supported by our youth volunteer mentoring and development program, which builds interpersonal and professional skills and confidence around mental health and wellness.

www.linesforlife.org

Need help?

let's talk.

4-10pm daily

OregonYouthLine.org
877.968.8491
Text teen2teen to 839863

  @oregonyouthline

We listen. We support.
We keep it to ourselves.

teens
HELPING
teens

Getting through Today

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My Body

When your physical health is feeling off, it might be hard to know where to start. It's important to take care of your body.

When I'm feeling...

- Tired
- Pain
- Exhausted
- Lifeless
- Hungry
- Lethargic

Here's what I can do to take care of my body:



- ✓ **Eat a snack**
- ✓ **Drink a big glass of water**
- ✓ **Exercise** (walk, run, bike ride, stretch, yoga, dance, lift weights)
- ✓ **Get up, take a shower, and get dressed**
- ✓ **Meditate**
- ✓ **Turn on some music and dance**
- ✓ **Go to bed early or take a quick nap**
- ✓ **Try a breathing exercise**



(Google: square breathing, 7/11 breathing, 4-7-8 breathing)

- ✓ **Call, text, or chat the YouthLine**



My Mind

When your mental health is struggling, it can be really hard to feel in control. It's important to take the steps to relax your mind.

When I'm feeling...

- Sad
- Hopeless
- Panicked
- Frustrated
- Angry
- Numb

Here's what I can do to take care of my mind:



- ✓ **Listen to music**
- ✓ **Watch a movie**
- ✓ **Finish my homework or study**
- ✓ **Do something artistic like draw, paint, dance, write a song or sing**
- ✓ **Look in the mirror and remind myself: "I'm doing the best I can right now"**
- ✓ **Write in a journal**
- ✓ **Read a book**
- ✓ **Make a to-do list** (try adding small, easy-to-do things)
- ✓ **Lose the caffeine**
- ✓ **Clean and organize my space**
- ✓ **Take a break from social media**
- ✓ **Call, text, or chat the YouthLine**



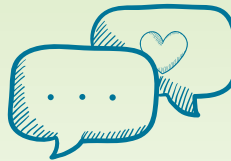
My Social Life

When you don't feel connected or heard, it's hard to remember that we don't have to do this alone. It's important to socialize with others or reach out for help.

When I'm feeling...

- Isolated
- Lonely
- Disconnected
- Left out
- Anti-social
- Alone

Here's what I can do to take care of myself socially:



- ✓ **Call or text a trusted friend or adult in my life**
- ✓ **Identify the people in my life who support me**
- ✓ **Volunteer for something I care about**
- ✓ **Connect with friends on social media**
- ✓ **Start a blog or a vlog**
- ✓ **Find out what clubs my school has that I'd like to join**
- ✓ **Play with my pet or take my neighbor's dog for a walk** (Don't forget to ask first!)
- ✓ **Go to the mall, a bookstore or a community center and people watch**
- ✓ **Call, text, or chat the YouthLine**