A WELLNESS SPACE BY A TEEN, FOR TEENS

# You Too?

## A pocket guide for heavy days

Hi, I'm Jules. Everything in this guide is something I've done or still do. What works for me won't work for everyone, so take what helps and leave the rest.

**How to use it:** keep it somewhere you'll see it, like your desk, your backpack, or next to your bed. When a moment gets heavy, flip to whatever fits.

**If you're in crisis right now,** turn to the last page or call or text 988.

COPING TOOLBOX

# For when it's a lot

Sorted by what's happening, so you don't have to think too hard when you're already struggling.

## When I can't sleep

When your brain won't shut off, give it one calm thing to focus on, like counting sheep. Picture ocean waves and count each time they crash on the shore. Focus so hard on picturing it that you forget about everything else. It takes some effort, but that's the point: your brain gets tired, and you eventually drift off.

> **What works for me:** *Watching Bob Ross on YouTube soothes me to sleep. There are also tons of free sleep sound apps with nature sounds and different colors of noise.*

## When everything feels like too much

Pick one tiny thing: drink water, step outside, wash your face. Doing one small thing counts.

> **What works for me:** *Find something new to focus on instead of whatever's making you anxious. You don't have to become an artist or learn an instrument. Start small.*

## When I feel lonely

Go somewhere with people around, like a library or coffee shop, even if you don't talk to anyone. Or put on a podcast or video where people are just chatting.

> **What works for me:** *I go to Barnes & Noble or any bookstore. I catch up on things I need to do or just look around at books. Even if you're not a reader, bookstores are comforting. There are so many different people and things to observe that it takes your mind off yourself.*

## When I'm stuck in my head

Change your senses: cold water on your hands, a song you love, a different room. Moving your body shifts your thoughts.

> **What works for me:** *Sorting my music into playlists and finding new songs helps me reset. SoundCloud and Spotify are my favorites.*

> **What works for me:** *Make something warm to drink, like peppermint tea, warm water with lemon, or warm milk. Something warm can help calm your nervous system, and just sitting with the warmth of the mug brings comfort.*

## When my mind won't slow down

Build something with step-by-step instructions, like a Lego set or a puzzle. Following each step gives your brain one clear thing to do.

> **What works for me:** *Legos help me so much. They give your hands, eyes, and brain something to do, and you have to pay attention to the instructions. My favorites are the flower and car sets.*

## My own idea

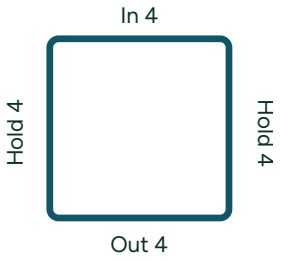
What helps you? Write it here so it's ready next time.

MINDFULNESS

# Come back to right now

Three exercises you can do anywhere, even in class.

## Box breathing




Trace the square with your eyes. Breathe in for 4 along the top, hold for 4 down the side, breathe out for 4 along the bottom, and hold for 4 back up. Go around four times.

## 5-4-3-2-1 grounding

Good for anxiety or panic. Notice, slowly:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

## Five-finger breathing

1. Hold one hand out, fingers spread.
2. With a finger of your other hand, slowly trace up your thumb as you breathe in.
3. Trace down the other side as you breathe out.
4. Keep going, finger by finger, until you reach your pinky. Then trace back the other way.

> **What works for me:** *Feeling your fingers tickle the face of your hand helps me feel present.*

JOURNAL

# Prompts for whatever you're feeling

Pick the feeling closest to yours and answer one. Messy is fine.

## Anxious

- What is one thing you're worried about, and what is one thing you can actually control about it?
- Write the worst case, then the most likely case. How are they different?
- What does your anxiety want to protect you from?

## Angry

- Write everything you want to say, unfiltered. You never have to send it.
- What line got crossed? What do you need now?
- Where do you feel this anger in your body?

## Okay-ish

- Name three small things that went okay today.
- What made your week a little better, even something small?
- What is something about yourself you're quietly proud of?

## Sad

- What do you wish someone would say to you right now? Write it to yourself.
- What is something you miss, and why does it matter to you?
- Describe today as if it were weather.

## Lonely

- Write a letter to yourself, the way you'd want someone to talk to you right now.
- What's a song, show, book, or place that makes you feel less alone? Why does it?
- When was a time you felt understood, even a little, by anyone or anything? What made it feel that way?

## Diary

- No prompt, no rules. Write whatever is on your mind.

JOURNAL

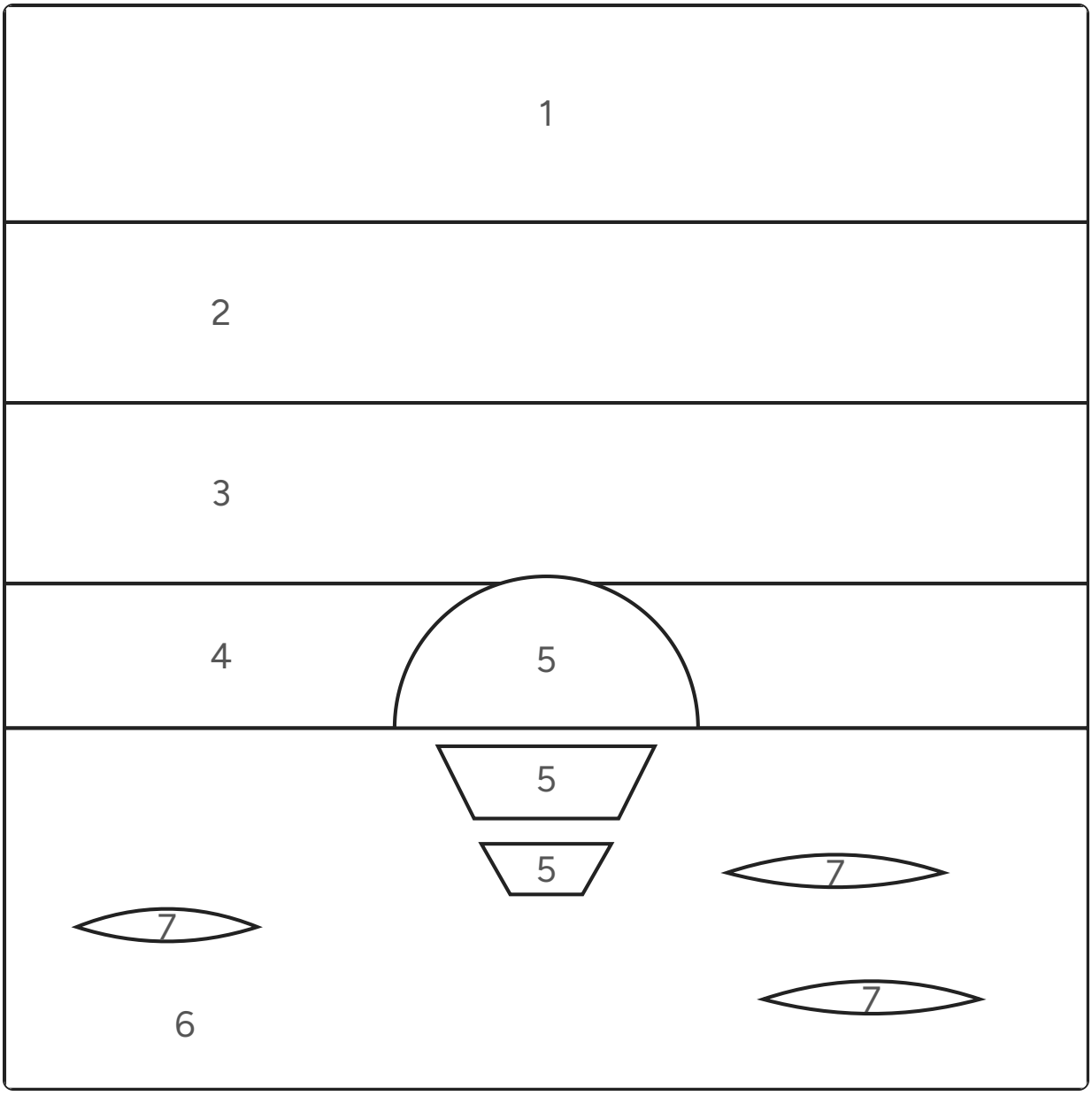
# Your space

Prompt: _____ Date: _____

CALM CORNER · COLOR BY NUMBER

# Sunset over the ocean

Match each number to its color. Or ignore the numbers and use whatever colors you want.

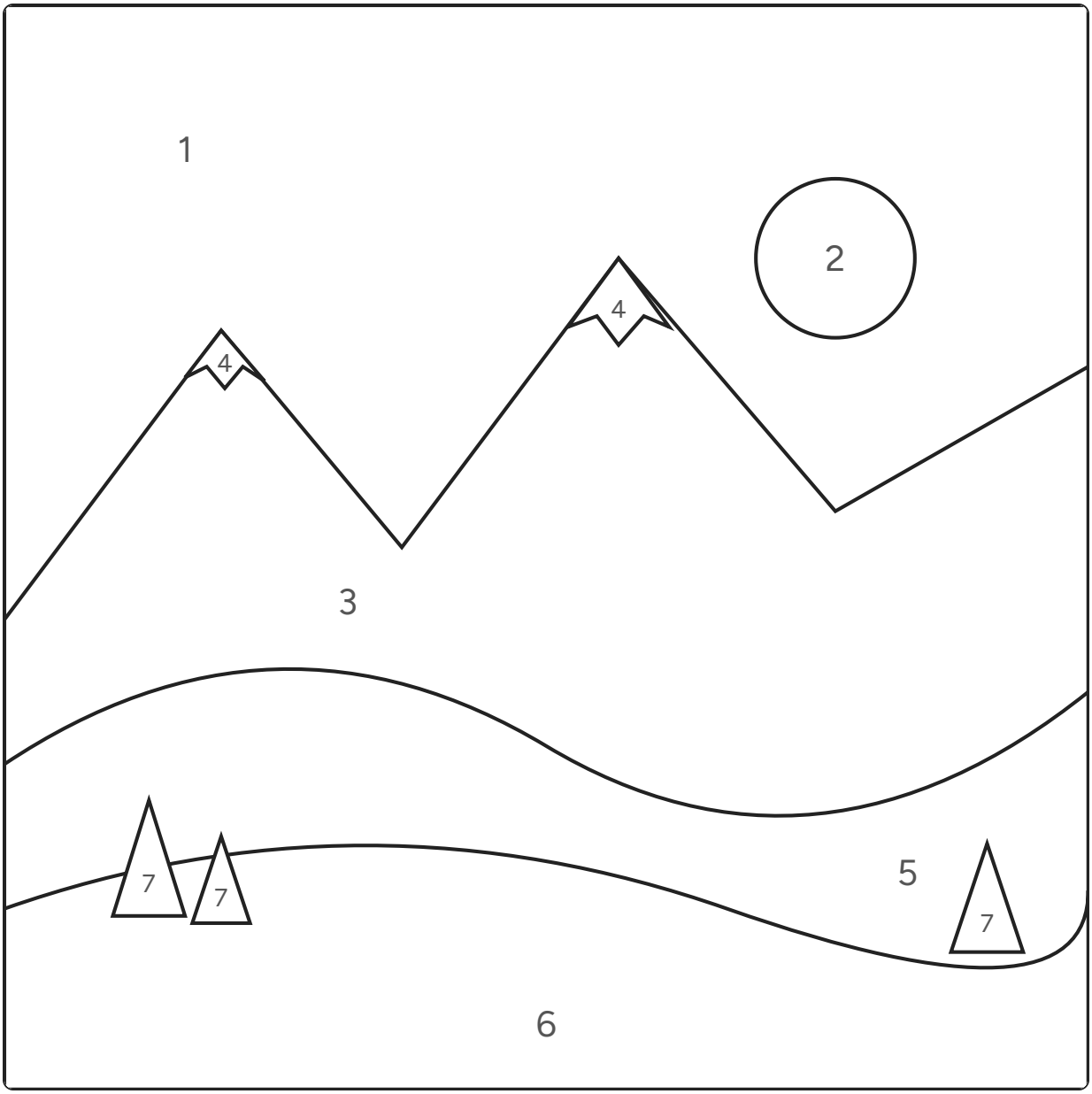



**1** Deep violet **2** Rose pink **3** Orange **4** Peach **5** Sun yellow **6** Ocean blue **7** Sky blue

CALM CORNER · COLOR BY NUMBER

# Mountain range

Match each number to its color. Or ignore the numbers and use whatever colors you want.

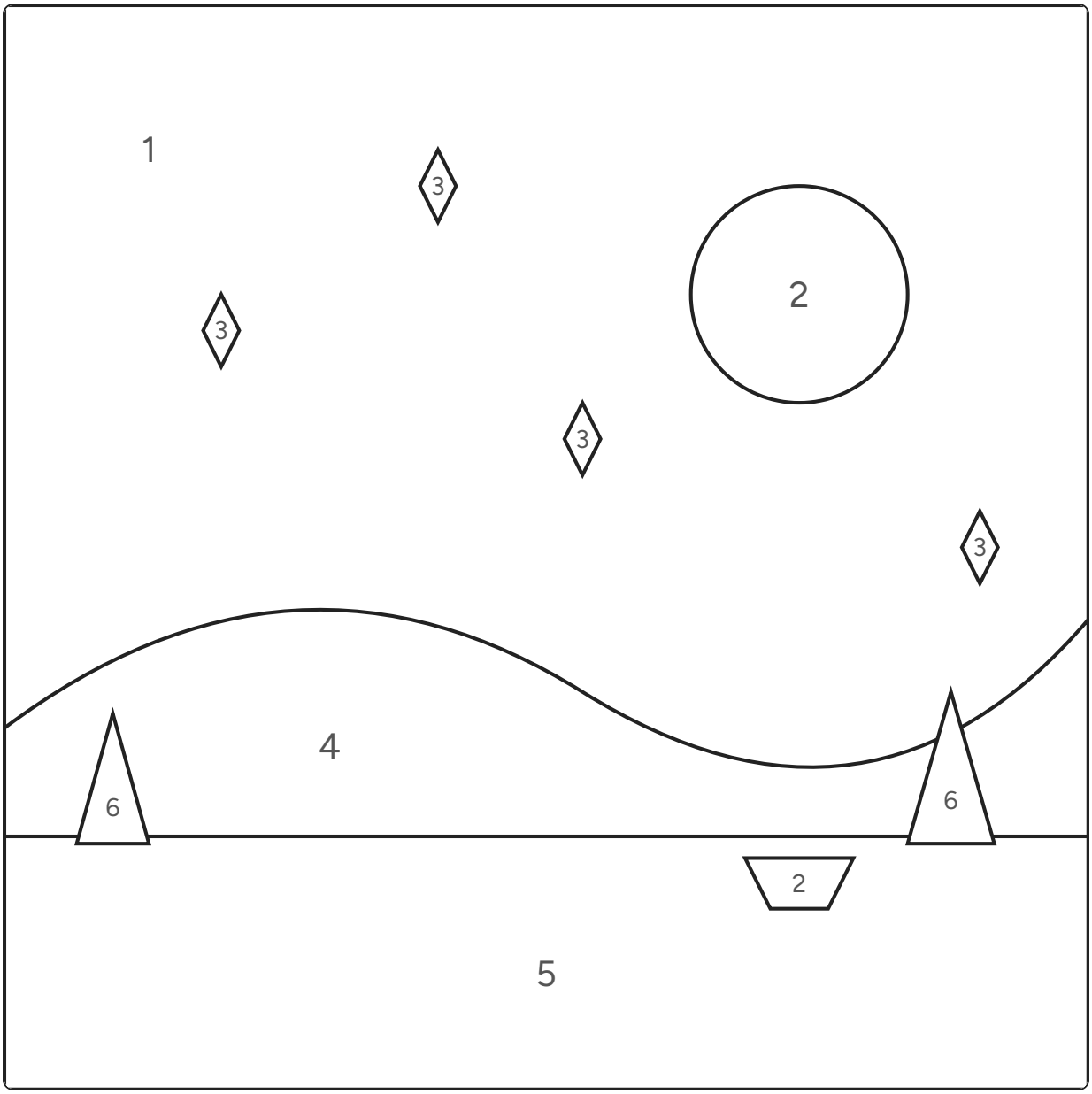



**1** Sky blue **2** Pale yellow **3** Lavender **4** Snow white **5** Sage green **6** Forest green **7** Dark pine

CALM CORNER · COLOR BY NUMBER

# Moon over the lake

Match each number to its color. Or ignore the numbers and use whatever colors you want.




**1** Night blue **2** Moon cream **3** Star yellow **4** Purple hills **5** Lake blue **6** Dark pine

GET HELP NOW

# You don't have to have the right words

If you're in crisis or thinking about hurting yourself, please reach out right now.

988 SUICIDE & CRISIS LIFELINE

**Call or text 988**

Free, 24/7, in English and Spanish (US).

CRISIS TEXT LINE

**Text HOME to 741741**

Free, 24/7, text with a trained counselor.

IMMEDIATE DANGER

**Call 911**

Or go to the nearest emergency room.

## Talking to a trusted adult

It can be a school counselor, teacher, coach, doctor, or another adult you trust. If starting is hard, try: "I've been having a hard time lately and I don't know how to talk about it." That sentence is enough to begin.

## People and places I can reach out to

Fill this in on a good day, so it's ready on a hard one.

**If any of this feels familiar: you too? Me too. You're not as alone as it feels.**