TIPS FOR TEENS

WHEN YOU'RE IN A FUNK

HAVE FUN!

Watch a FUNNY movie.
Eat dark chocolate.
Pet your DOG.
Crank up the
upbeat MUSIC!

TREAT yourself!
Get a new haircut.
Buy something new.
Go to the movies with
friends. BREATHE.

Get OUTSIDE.
Plan an adventure.
Have FUN, laugh,
be SILLY! Be a KID!

Take a BREAK from
social media. Use the time
to clean & organize your
bedroom. (Messy space,
messy mind.)

LIFE
IS
GOOD

NO DRAMA please

Spend time with FAMILY,
friends & happy people
who LOVE YOU just
the way you are!

Write down ALL the
GOOD in your life
in a JOURNAL.
You might be surprised
how blessed you ARE!

relax

CLEAR your HEAD.
Stop overthinking,
worrying and stressing.
It'll be OKAY.
Just let yourself BE.

@RAISINGTEENSTODAY