

# TIPS FOR TEENS

## HOW TO BEFRIEND YOURSELF



**Oops!**

Give yourself **PERMISSION** to screw up, at times. No one expects you to be perfect.



Surround yourself with **FRIENDS** who love you **EXACTLY** as you are.

**Be kind to yourself!**

Protect your heart, your body and your mind...if something doesn't feel right... **WALK AWAY.**

**DREAM BIG**

**ACCEPT** yourself! Learn to focus on your **STRENGTHS**, abilities and uniqueness... that's what makes you **SPECIAL**, baby!

**DON'T WORRY**

Cut yourself some serious **SLACK!** You don't have to figure it all out now.

Soothe yourself when you're stressed... a hot **BATH**, a great book, music, exercise or get cozy and take a **NAP.**



**I'M FREAKING AWESOME!**

Speak to yourself like you would your **BFF.**

**"You ROCK!"**

**"You've GOT this!"**

**"It's going to be alright."**

**@RAISINGTEENSTODAY**