

# Getting Through Today

- You're feeling confused
- You're being bullied
- You're planning your future
- Your friend is struggling with substances
- Your parents are fighting
- You failed a test
- You're questioning your sexuality or gender
- You're applying to college
- You got diagnosed
- 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 under pressure

## Life can be hard sometimes:

## What do you do now?

Sometimes we just need to **get through today**. So, try taking it one step at a time. Check out the coping skills on the back. And if nothing is working?

**This is 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: **theyouthline.org**

# My Body

**When I'm feeling:**  
tired, in pain, hungry,  
exhausted, lethargic

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

**Eat a snack**

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**Drink a big glass of water**

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**Move your body**  
(walk, dance, run, stretch)

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**Get up, shower, get dressed**

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**Meditate**

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**Go to bed early or nap**

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**Try a breathing exercise**  
(Google square breathing, 7/11 breathing)

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

**YouthLine**

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# My 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**

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**Watch a show or movie**

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**Finish homework or study**

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**Do something creative**

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**Look in the mirror and remind  
myself: "I'm doing the best  
I can right now"**

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**Journal or Read**

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**Make a To Do List**

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**Have less caffeine**

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**Clean and organize my space**

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**Take a break from social media**

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

# My Social Life

**When I'm feeling:**  
isolated, disconnected, lonely,  
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**

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**Identify the people in my life  
who support me**

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**Volunteer**

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**Connect with friends online**

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**Explore clubs at school to join**

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**Play with my pet**

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**Go to a park or bookstore to  
people watch**

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