



**STRESSED?**

**STRUGGLING?**

**STUCK?**

**TAKE A MOMENT / TAKE CONTROL**

- It's OK to Feel a Certain Way, But Reflect First
- Try Not to Overthink It
- It Is What It Is ... That's Life Sometimes
- Respect Yourself Enough to Identify and Take Care Of Your Needs

**TALK IT OUT**

- It's OK to Talk About Your Feelings
- Talk About What's Bothering You with a Close Friend or Trusted Adult

**HAVE A RELEASE OR OUTLET**

- Count to 10; Excuse Yourself and Exit the Situation; Take a Walk
- Do Something Fun, Like Go to the Mall or a Movie
- Work Out, Exercise, Meditate or Listen to Music



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To Talk to Someone...



You are not alone.