

Wellness Plan

You Matter.



I'M NOT DOING WELL WHEN I...



sleep too little
or too much



argue or have
a breakup



drink or use drugs



am in pain



feel stressed or
overwhelmed



feel down
or sad



feel angry or
want revenge



**I KNOW I'M
STRUGGLING
WHEN...**











4-7-8 BREATHING

Inhale through your nose for
4 seconds

Hold for 7 counts

Exhale slowly for
8 counts

GROUNDING EXERCISE

**LOOK
AROUND
AND
NAME:**

- 5 Things you can **SEE** 
- 4 Things you can **FEEL** 
- 3 Things you can **HEAR** 
- 2 Things you can **SMELL** 
- 1 Thing you can **TASTE** 

SELF CARE IDEAS



Listen to music



Take a walk



Eat a snack



Pet an animal



Journal or
doodle



Call a friend



Play video
games



WAYS I PRACTICE SELF-CARE:











WHAT ARE THE MOST IMPORTANT THINGS TO YOU:

ex. family, friends, hobbies, etc.













WHO CAN I TALK TO:

NAME:

NUMBER:

NAME:

NUMBER:



HelpLine

HOTLINES

988 Suicide & Crisis Lifeline: 988
(Veterans press 1, press 2 for Español)

HelpLine: 1.800.684.2324

National Sexual Assault Hotline: 1.800.656.4673

Childhelp National Child Abuse Hotline: 1.800.422.4453

Nacional de Prevención del Suicidio: 1.888.628.9454



TEXT LINES

Crisis Text line: Text any message to 988

HelpLine: Text HELPLINE to 898211

Teen Line: Text TEEN to 839863 between 9 p.m. - 12 a.m. EST

The National Domestic Violence Hotline: Text START to 88788

WEBSITES

www.988lifeline.org
www.psychologytoday.com
www.NAMI.org
www.themighty.com
www.AFSP.org
www.nowmattersnow.org
www.crisistextline.org
www.seizetheawkward.org

APPS

Happify: for Stress & Worry
CogniFit
Headspace
Calm
Woebot
Mindfulness Coach