

## SELF-CARE

Growing up and learning more about yourself can sometimes be like a roller coaster – full of emotional ups and downs. To stay healthy, it's important to discover what keeps you relaxed and positive. This is called "self-care" and it's about taking care of YOU. As a part of your self-care, you might want to make a plan to help you get through any tough times.

An example of a self-care plan might be:

1. Focus on your INTERESTS: Do something you enjoy.
2. Write your thoughts out in your journal.
3. Create an art project to express your feelings.
4. Get active: Run, hike, or do yoga.
5. Put on headphones and blast music.
6. Watch your favourite TV show and relax.
7. Tell a trusted adult (like a family member or a teacher) if you're feeling sad or unsafe.
8. Call a friend who lives close by if you need to get away from a stressful situation.
9. Call a help line or visit a web site for support:
  - ❖ Kids help line 1-800-668-6868 or visit the site at [kidshelpline.ca](http://kidshelpline.ca)
  - ❖ LGBT Youth Line which offers free support by youth for youth aged 26 and under – 1-800-268-9688 or text 647-694-4275 or visit the site [www.youthline.ca](http://www.youthline.ca)
  - ❖ Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives – 1-877-330-6366 or visit the site [www.translifeline.org](http://www.translifeline.org)
10. Remind yourself that you are a strong, valuable person.

Nothing is more heroic in life than being able to say to another human being, "I'm scared, I need help."

- Daniel Radcliffe