

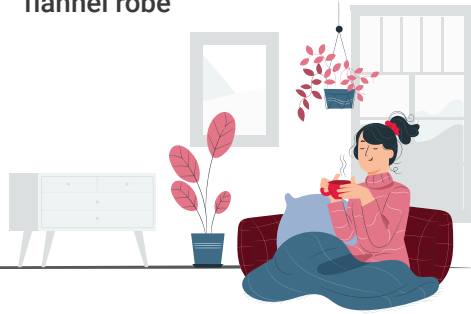


Nebraska Youth
Suicide Prevention

SELF-CARE OPTIONS FOR DAILY WELLNESS

- Buy your favorite foods
- Window shop
- Get some flowers
- Make a list of things you want to do
- Sink into a comfortable chair at home

- Download a song or buy a CD
- Call someone to let them know you appreciate/love them
- Wrap yourself in a flannel robe



INDULGE IN COMFORTS

- Go on a hike
- Exercise
- Work in the garden or garage
- Do yoga

- Do breathing exercises
- Take a short trip
- Play with your pet



BE ACTIVE

- Stop and smell the flowers - literally
- Listen to some good music
- Put a cold compress on your forehead

- Put a pair of tennis balls on the floor and roll your back on it to get any knots out
- Take a warm shower



STIMULATE YOUR SENSES

- Do a word puzzle
- Read a magazine or book
- Color an adult coloring book
- Meditate
- Write in a journal

- Draw
- Plan a long trip
- Make a gift for someone



ENGAGE YOUR MIND