



Supporting
Adolescent Minds



Self-Care Guide



Daily practices that support a healthy mood.



You matter.

Taking care of yourself helps you show up as your best self—every day.



Start Your Day

Begin with something positive. Take a few deep breaths and set an intention.



Stay Hydrated

Drink water throughout the day. It helps your body and your mind.



Move Your Body

Exercise releases stress and boosts your mood. Find a way to move daily.



Take Breaks

Step away. Rest. Give yourself permission to pause and recharge.



Practice Gratitude

Write down 3 things you're grateful for each day.



Get Enough Sleep

A good night's sleep helps you think clearly and feel your best.



Connect

Spend time with people who lift you up. Talk, laugh, and share how you feel.



Do What You Enjoy

Make time for hobbies and activities that bring you joy.



Be Kind to Yourself

You're doing your best. Treat yourself with compassion and patience.



Remember

Small acts of self-care can make a big difference.
You deserve care, gentle days, and a healthy mind.



SupportingAdolescentMinds.org

Helping families build healthy habits one day at a time.

