

## Supporting Ourselves

Sometimes we have big feelings and it can feel like a lot. When you need to calm your mind and your body, try the 5-4-3-2-1 exercise!

Remember, trusted adults are here to help you when feelings get too big and when they are happening because of important things going on in your life, in your thoughts and in your body.

There are adults who want, and know how, to help! It is important to let one of us know so we can help you get what you need to start feeling better.



#DeStressMonday

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DE STRESS  
MONDAY

## Supporting Each Other

### Golden Rules

- 1 Say what you see**  
Start the conversation.
- 2 Show you care**  
Build trust.
- 3 Hear them out**  
Be a good listener.
- 4 Know your role**  
Set and respect boundaries.
- 5 Connect to help**  
Help them connect to resources.

We all need trusted adults to help with big things. Who are some trusted adults in your life?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

To talk to another adult you can trust, try **Kids Help Phone** (text **686868** or call **1-800-668-6868**)