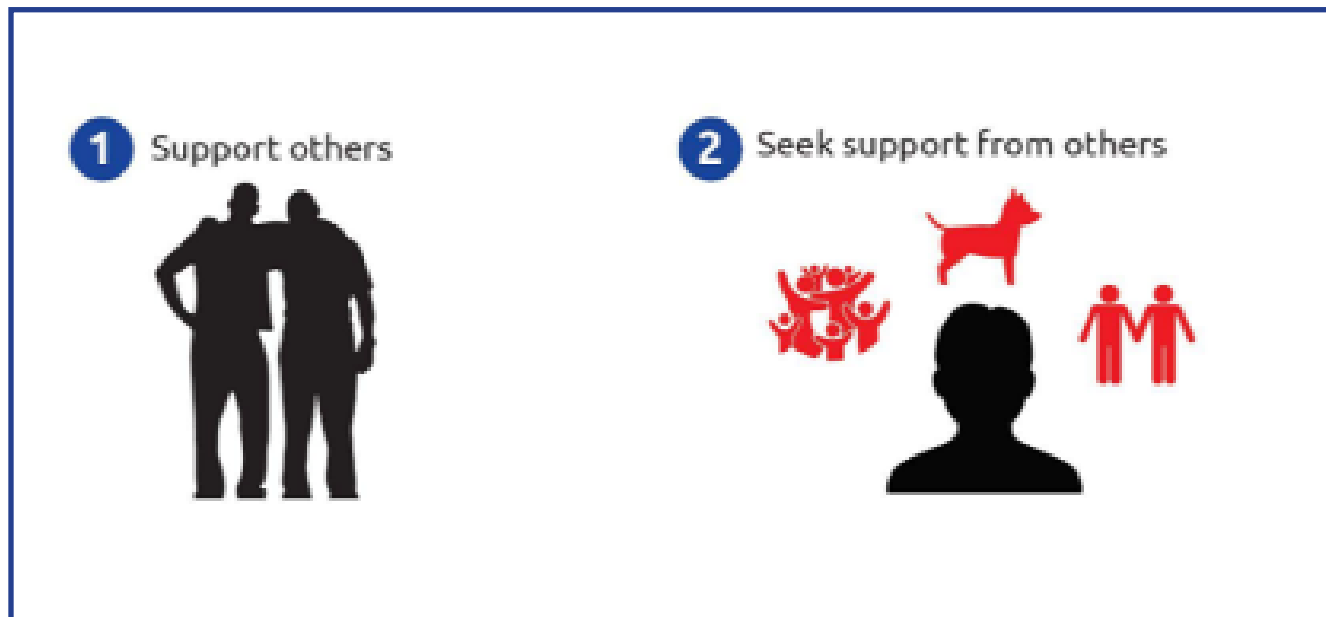


Getting Support



Strategy 5: Getting Support

Other people can be helpful to us when we are trying to deal with our thoughts and feelings. Talking to people you trust can help, like your family, friends and coaches. Give others a smile, a fist bump, or words of encouragement (instead of a high five).



Family Engagement



Here are some tips to help your emotional health.



Body Scan

Find a comfortable seated position and close your eyes if that feels comfortable to you. Slowly move your attention through each part of your body, just noticing how it feels. How does your seat feel on the chair? How do the clothes feel touching your skin? Practice this activity with your family.



Gratitude Share

Each member of your group takes a turn to share a few things they are feeling thankful for at that moment. Maybe you are thankful for something someone did for you. Maybe you are thankful for the sunshine, or for a pet. Whatever it is you are grateful for, big or small, it is important to recognize and reflect!



Exploration Walk

Head outside for a walk, but instead of focusing inward, notice the outside world around you! Try to find as many bugs, birds, or other animals as you can. See if there are any beautiful flowers beginning to bloom. Walk with your family or friends and share what you see.

