OBJECTIVES

• Learn to take SELFIES in order to feel better emotionally.
• Learn how to get help if you are still struggling.
S.E.L.F.I.E.S.
TAKE S.E.L.F.I.E.S FOR BETTER EMOTIONAL WELLBEING
• Getting enough sleep is the key to emotional self-regulation.
• 8 to 10 hours a night for teenagers...seriously.
• Naps are better than sleeping in, but keep them to around 30 minutes.
• Charge your phone in a different room at night.
• No screen time 1 hour prior to bed.
Exercise

- Aerobic exercise: minimum 30 minutes, at least 3 times a week (walking, running, etc.)
• Sunlight 15 minutes a day
  • Vitamin D (generates serotonin, which stabilizes your mood)

• Don’t forget sunscreen as needed.
• It’s OK to have fun.

• Hobbies, sports, music, wholesome recreational activities.
• Spend time interacting with friends and family when possible and safe.
• For now, you may need to connect with others through technology.
• Open up and talk about what’s going on in your life.
Eat healthy foods

Avoid junk food: soda and chips are not a healthy meal.
SERVICE

• Doing something for someone else fills their bucket and yours too: 2 for 1
COMBINE FOR BEST RESULTS!

• For example: hiking with friends/family and bringing healthy snacks during daylight hours.

• Be creative!
WHAT IF I DON’T FEEL LIKE TAKING SELFIES?

• If you are not feeling well emotionally, you may not feel like taking SELFIES.
• But don’t wait until you feel better to take SELFIE!
• Take SELFIES NOW, so you that you start to feel better soon.
IF YOU ARE STILL STRUGGLING…

• Talk to your parents, guardian or trusted adult.
• Talk to your counselor.
• Use SafeUT app.
• Call the Crisis Help Line 801-587-3000