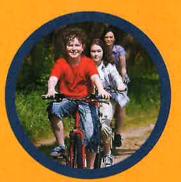
# FRIENDSHIP & MENTAL HEALTH

SHOW YOUR FRIENDS YOU ARE THERE FOR THEM BY ENCOURAGING THESE COPING STRATEGIES



### Yoga

- · Take a class
- Stream a video
- · Download an app



## Physical Activity

- · Ride a bike
- · Walk
- Stretch



## **Breathing Exercises**

- Inhale for 4
- Hold for 7
- Exhale for 8



#### Volunteer

- Animal shelter
- Senior living
- Food pantry



### Find a Hobby

- Read
- Paint
- Dance



#### Hang Out with Friends

- Go to the park
- · Watch a movie
- · Have a game night



### Practice Gratitude

 Write down things you are grateful for



### Spend Time in Nature

- · Take a hike
- Watch the sunset
- Stargaze

#### LOOK OUT FOR YOUR FRIENDS IF THEY...

- Don't want to hang out anymore
- · Feel sad or hopeless
- Are distracted during conversations
- · Have lost interest in activities
- · Have a negative view on life activities

#### SUPPORT YOUR FRIENDS BY...

- Listening to them
- Inviting them to social gatherings
- Sending them a care package
- Encouraging them to get help
- Offering to call 988 together
- Letting them know it's okay to ask for help



#### WHERE CAN YOU GET HELP?

National Suicide Prevention Lifeline Call or Text 988

Crisis Text Line
Text "HOME" to 74174

#### SCHOOL CONTACT:

School Counselor Lizzie Silva (209) 962-7846 (209) 962-4763

