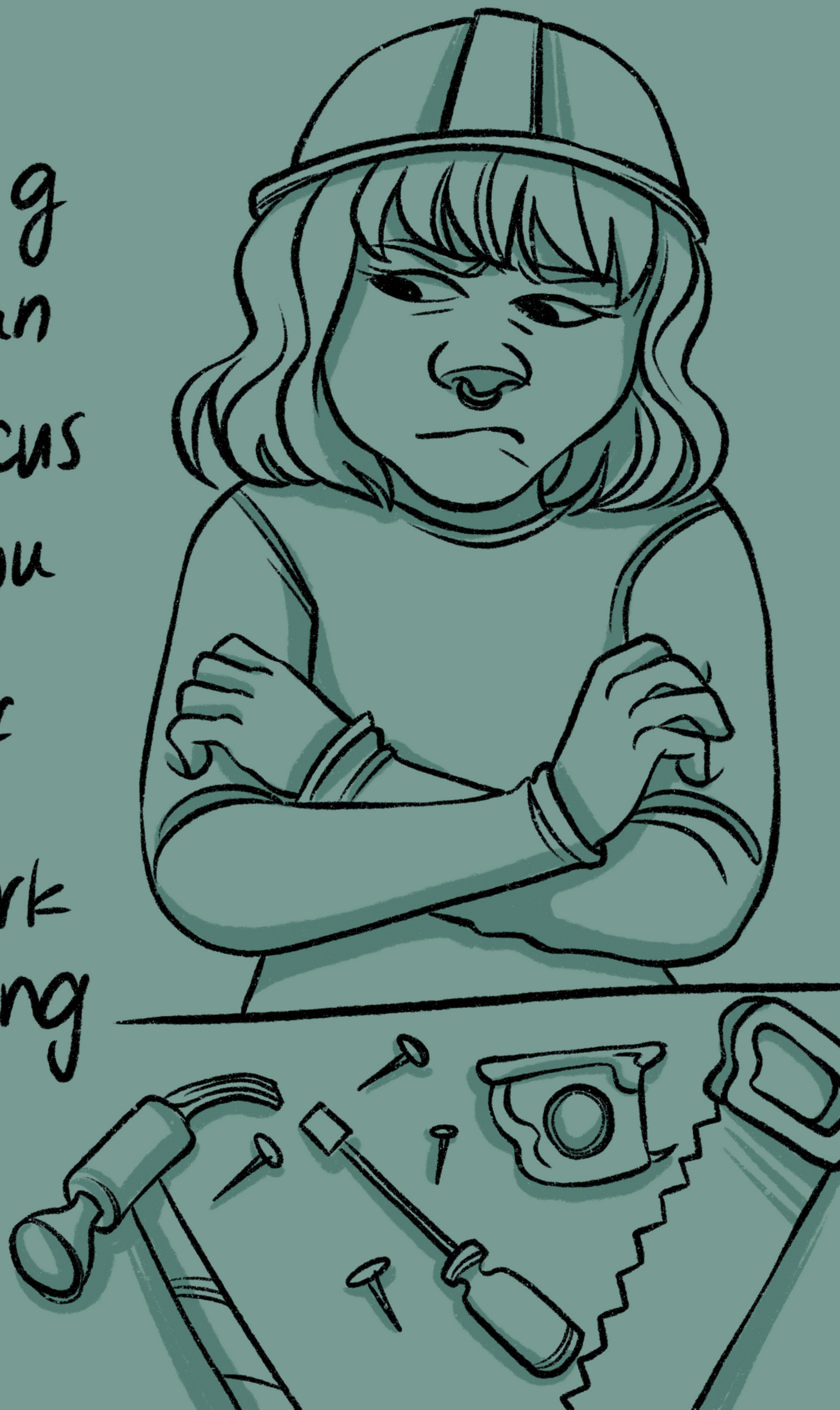


When you're really struggling mentally, it can be hard to focus on the tools you can use to calm yourself down and work towards getting better.

flow



It can help to keep a list of what works for you handy.



Here's some ideas...

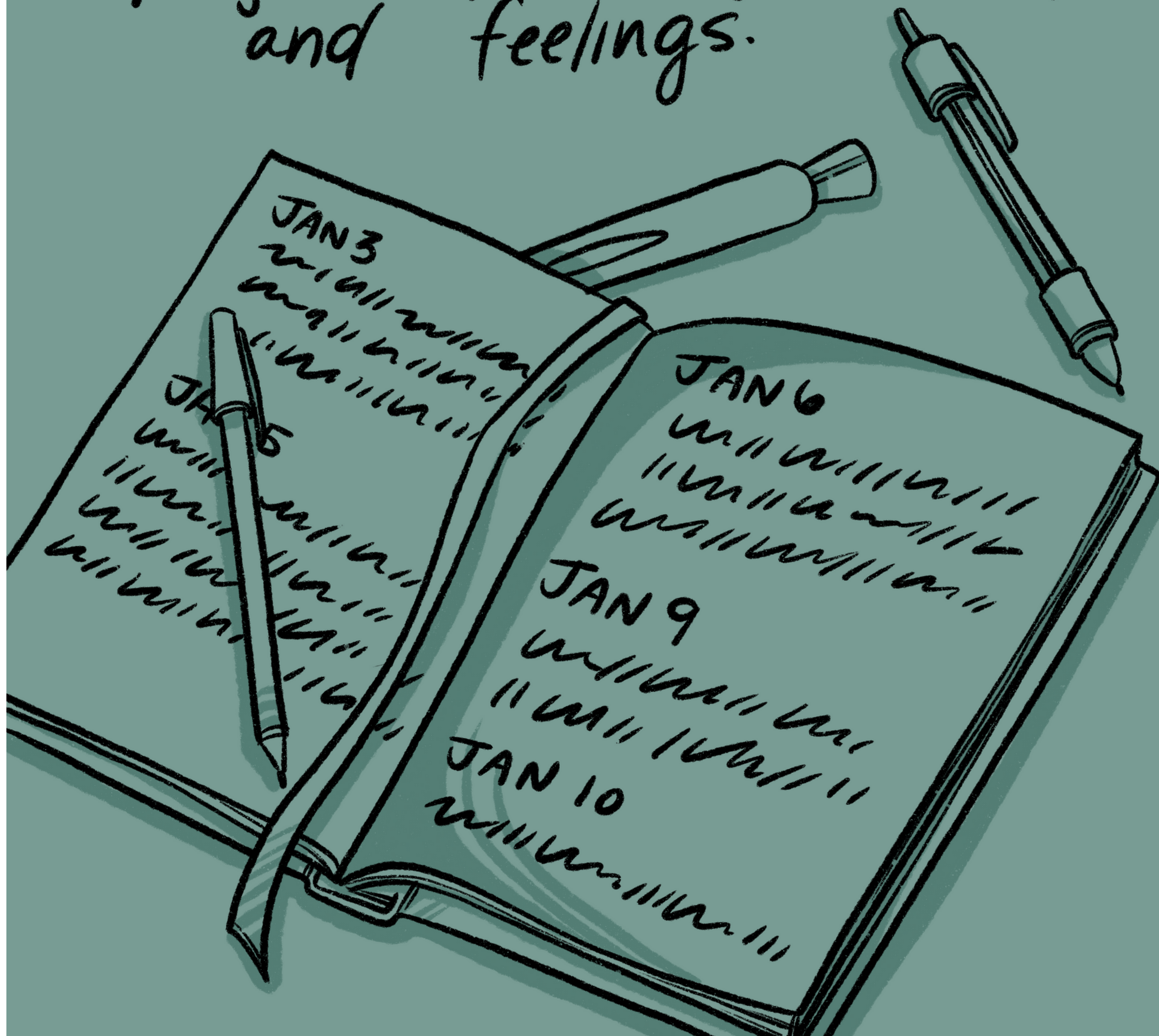


The obvious first option is therapy. It can seem really scary but at the end of the day, all it is is talking to someone safe who wants to help you out.



If you don't feel comfortable with therapy just yet, find a friend that you feel safe to talk to.

Journaling is also a great tool, to help you sort out your thoughts and feelings.





Not so good with words? Process
your feelings through art! It
doesn't even have to be
"good", it can just be for you!

Prayer can also be incredibly helpful if you're struggling. Any time, any place.



There's all kinds of tools you can reach for to help you calm down + sort your thoughts, even down to meditation and essential oils.



Find what works for you, + use them as your own personal mental health weapons.