

Feeling overwhelmed?

**Just know
you can always:**

Write it down

Write (or draw) what you are feeling in this moment in your journal. Then, write 3 things that you appreciate about yourself. This is not overrated!



Change your view

Take a walk in your neighborhood or visit a San Mateo County Park trail and soak up the sun and scenery. Remember to wear SPF.



Try something new

Grab your phone or laptop and explore potential hobbies to pick up. Or think of one you used to do and pick it up again.



Retreat and treat

Go to a place that brings you comfort and calmness, like a community garden, library, or local cafe. Treat yourself to a croissant or bubble tea!



**Remember, you are deserving of peace.
Your wellness matters.**



STAR VISTA

Helping All Ages and Stages
Through Life's Challenges

www.star-vista.org

StarVista Crisis Center

Wellness tips provided by the StarVista Crisis Center's Youth Advisory Board (YAB) '23 Cohort.

24/7 Crisis Hotline: (650) 579-0350

Teen Crisis Services

Text Line: (650) 747-6463

Chat: www.sanmateocrisis.org



Website