SELF-CARE WALL

Gila River HEALTH CARE

Y2L YES TO LIFE! GILA RIVER INDIAN COMMUNITY — SUICIDE PREVENTION & AWARENESS

Draw or write down healthy self-care methods of working through these different feelings. Post on your wall as a reminder that we all need to practice self-care in our own unique ways!

For When I'm Feeling Sad

For When I'm Feeling Lonely

For When I'm Feeling Self-Doubt

For When I'm Feeling Angry

For When I'm Feeling Anxious

For When I'm Feeling Stressed

I AM ENOUGH

THIS TOO SHALL PASS

Whenever you are struggling, remember the times you have succeeded and survived, and know that you can make it through.

CHIBIRD

positive bunny post

Name: _____   **Date:** _____