

Taking Care of Ourselves



Friendships are wonderful, but they can be hard sometimes too. Even the best friendships have rough patches.

When we hurt our knee, we know to apply a band aid, visit a doctor or rest. But, when we feel big emotions, like sadness or loneliness, we forget to take care of ourselves.



Taking care of our emotional health is just as important as taking care of our physical health.

How Do You Take Care of Yourself During Rough Patches?

Describe how you take care of yourself when you are feeling low: _____

I write in my journal. When I write my feelings down, it helps me to know what to do. I talk to my mom too.



I relax in my room and put on my favorite songs. Music always cheers me up.



CELEBRATE YOU!

It's also helpful to remember your many special qualities when you are feeling low.

One positive quality I have is _____.
Something I do well is _____.

Something I feel good about is _____.
Three things I am grateful for are _____.

IMPORTANT:

All emotions, even the uncomfortable ones, are okay. Emotions make us human after all. Taking care of our emotional health is an important part of staying healthy!

