

# STICK UP FOR YOURSELF!

## SIX GOOD THINGS TO DO FOR YOURSELF

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1. Choose something to do just for fun. Then do it whenever you can.
2. Give yourself a treat every day. This can be almost anything, as long as it's just for you.
3. Forgive yourself for something you did in the past.
4. Do at least one thing every day that's good for your body.
5. Do at least one thing every day that's good for your brain.
6. Find adults you can trust and talk to. Let your feelings guide you to the right people. Pick three or more you feel safe with. Pick those who care enough to listen and try to understand how you feel.

### MY PLAN

I'll do this just for fun:

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I'll give myself this treat:

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I'll forgive myself for:

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I'll do this for my body:

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I'll do this for my brain:

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These are adults I can trust and talk to:

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