

What to do to help keep yourself healthy.

Practice these every day, several times per day. You will notice that some days one technique works better for you. Then on a different day, something else will work better. The more you practice using these techniques, the easier it will be for you to recognize which one(s) will be the most helpful at any given time.

Robots and Rag Dolls – Stand up, with your hands to your sides. Pretend you are a robot, made of steel. Steel from the top of your head down to your toes. Hold it for 2 seconds. Then, pretend you are a rag doll. Make your body go completely limp.

Bubble – the bubble of Love is in your heart area. It is always there. Practice making it so big that your entire body is in it. Remember, only Love gets in or out.

Deep breathing – First, sit with your feet flat on the floor and your back very straight. First, exhale completely. Then, try to breathe in to count of 10. Hold it 1 second. Next, exhale to count of 10. Do 2 breaths.

Balloons – Imagine that any worry, stress or discomfort you feel is like a tiny, black speck on your skin. Then see tiny balloons that glide right next to you. The little black specks pop into the balloons. The balloons drift away from you, taking any tension or uncomfortable emotions with them. They drift so far away that you can barely see them. Then they disappear.

Controlled breathing – This just like it sounds. Instead of breathing very slowly and deeply like in the Deep Breathing exercise, focus on taking a full inhale and a full exhale. Don't push too hard. Just focus on breathing completely. Do this for 2 breaths.

Meditation – Sit with your feet flat on the floor. Straighten your back and push back your shoulders. Gently close your eyes. Focus on your breathing. Any time your mind wanders, gently turn your attention back to your breathing. Thoughts will come across your mind. You don't need to push them away. Do this for 1 minute.

Other people's feelings and behavior is none of your business. You are not responsible for anything anyone else does, says or feels. You are responsible for what you say and do.

When you feel overwhelmed, help yourself by:

Talking to someone, like your parents, teacher, or a trusted friend.

Distract yourself in a healthy way; read a book, do something healthy like take a walk, or play quietly.

Go to a quiet, dark place.