

BE OPEN TO UNDERSTANDING YOUR POWER

You've already made it through every hard day you've faced. Self-care isn't selfish—it's necessary. When you're dealing with stress, anxiety, or tough emotions, you have more power than you might realize to support yourself in ways that help you feel grounded, safe, and in control.

SELF-CARE ESSENTIALS

1. **Digital Down Time** Unplug from social media for 1-2 hours daily to boost mood and focus.
2. **Move Your Body** Walking, running, dancing, skateboarding, yoga—any movement reduces stress and improves mood.
3. **Journal or Reflect** Write down thoughts, goals, or feelings. Even jotting down one good thing daily helps focus on positives.
4. **Prioritize Sleep** Aim for 7-9 hours nightly. Avoid screens 30-60 minutes before bed.
5. **Talk to Someone You Trust** Friend, family member, coach, or counselor—opening up is powerful. Connection is self-care.



Overwhelmed?

Break tasks into smaller steps.

Spiraling thoughts?

Use 5-4-3-2-1 method: Name 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste.

Heavy emotions?

Talk to trusted friends or adults—sharing makes the load lighter.

Self-compassion

Treat yourself like you would treat a friend.



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