

SMILE, SHINE, SHARE

Dr. Gwen's

A TO Z SELF-CARE GUIDE

for Teens

A Ask for help.

B Brain Breaks.

C Communication is key.

D Dream Big.

E Express yourself.

F Failure is an opportunity for improvement.

G Gratitude.

H Hug someone.

I Invite & include others.

J Journal (reflective, gratitude, affirmations).

K Kindness matters!

L Learn a new skill or hobby.

M Moderation.

N No excuses.

O Organization.

P Positive attitude.

Q Quality time.

R Rest and Re-energize.

S Say I'm Sorry.

T Trustworthy.

U Use your voice.

V Volunteer in your community.

W Water; drink more of it.

X Xylophone.

Y Yes you can.

Z Zip Zappy.