

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.