

## Mental & Emotional Health Support

During this time of uncertainty and fear, many of us are stepping up to help others but sometimes when we focus on caring for others, it can be easy to forget to take care of ourselves. Prioritizing self-care is essential for overall wellbeing, especially during this time of crisis.

**Below are links to a video and worksheets to help you practice self-care during COVID-19 quarantine and beyond.**



**TEEN APPS FOR SELF-CARE**



**GritX**  
GRITX



**STOP, BREATHE, THINK**



**VIRTUAL HOPE BOX**



### Self-Care Video

[A Guide to Self-Care while Social Distancing](#)

### Self-Care Worksheets

[My Self-Care in Emojis and GIFS](#)