



SELF-CARE

Self-care means taking care of your mind, body, and emotions. It's about showing yourself the same kindness and support you would give a friend. You don't have to be perfect to deserve care. Making time for yourself is an important part of staying healthy!

Life can be busy and overwhelming. Between school, activities, work, family responsibilities, friendships, social media, and future plans, it can be hard to make yourself a priority.

Self-care is about intentionally supporting your well-being. It can look like getting enough sleep, spending time with supportive people, taking breaks when needed, or practicing self-love through positive self-talk and affirmations. The way you speak to yourself matters. Reminding yourself of your worth, strengths, and accomplishments can boost confidence, reduce stress, and help you navigate challenges with resilience. Small acts of self-care can make a big difference.

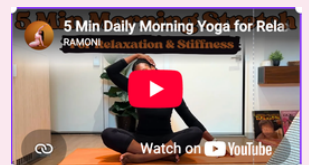


RESOURCES

Poetry allows you to express emotions authentically, transform pain into art, and reclaim your voice in a deeply personal way. Atlanta teens at VOX ATL were invited to [create poetry about self-affirmation](#).



Movement supports self-love by helping you appreciate what your body can do rather than just how it looks, boosting confidence and gratitude.



988 SUICIDE & CRISIS
LIFELINE

988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

ACTIVITY:

Affirmations

Affirmations help create self-love because they train your mind to replace negative self-talk with kinder, empowering messages.

Don't know how to start?

Stand in front of the mirror and try reciting the following affirmations (fill in the blank spaces to make it unique to you!)

I am enough
just as I am.

I speak to
myself with
kindness and
respect.

I deserve
love, care,
and happiness.

I celebrate
what makes
me unique.

I surround
myself with
people who
uplift and
support me.

I honor my
feelings and
take time for
self-care.

I am worthy of
every
opportunity and
every good thing
in life.

I can learn
and grow from
mistakes.

I trust my
abilities and
my decisions.

I am proud of
my efforts,
not just my
outcomes.

Follow for more resources!
[@freeyourfeelsga](https://www.instagram.com/freeyourfeelsga)



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

**ACCESS MORE
RESOURCES AT
[FREEYOURFEELS.ORG](https://www.freeyourfeels.org)**