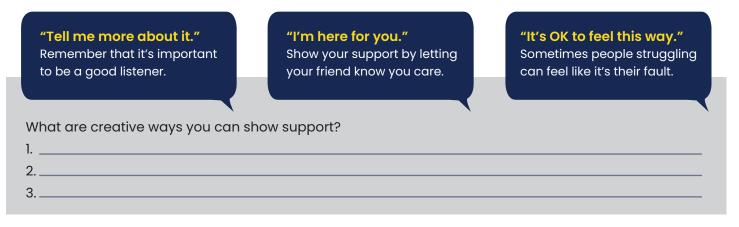
Adjusting to Life at a Distance

The sudden changes due to COVID-19 can be frustrating and stressful, especially for students. You're no longer in school and you can't see your friends like you normally would. You probably can't do a lot of things you love such as playing a sport or participating in your favorite club. It's OK to feel overwhelmed sometimes, but it's important to keep taking care of yourself and looking out for your friends, especially when times are tough.

Remember, **ACT** is an easy way to help – **Acknowledge** what they're feeling, show you **Care**, and help them by **Telling** a trusted adult. Here are four phrases you can use to show your support.



How to Take Care of Your Own Body and Mind



Sleep

It's important to get 9-11 hours of sleep each night.



Eat healthy Get 2 servings of fruits and 3 servings of vegetables a day.



Exercise

Try and exercise for at least 1 hour a day.

SOS WORD SEARCH: Complete the blank for each clue, then search for the word and circle it. Some words are backwards.
1. The best way to take care of your body at night
2. Fruits and vegetables are examples of this kind of food
3. Walks or bike rides are examples of this way to stay healthy
4. Three steps to help a friend in need
5. When you see signs of trouble and realize it's serious
6. When you show your friend their feelings are important
7. When you share worries with an adult so they can help
8. When you use your ears to learn how your friend is feeling
9. A bond between two people
10. A person who can help with problems is a trusted

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С	D	L	Ν	Е	0	U	А	Ν	Ν	Y	К	R	L
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Ν	L	G	Ν	L	L	Ε	Ν	W	Т	R	А	Е	S

If you are concerned about a yourself or a friend – reach out to **The National Suicide Prevention Lifeline:** Call **1-800-273-8255** to access free, 24/7, confidential support for people in distress, prevention and crisis resources. **Crisis Text Line:** Text **ACT** to **741741** for free, 24/7 crisis support.