

Understanding When to ACT

Middle school can be an exciting time in your life, but it can be a stressful time, too. It's more than okay to feel stressed or down sometimes. In fact, it's normal to feel this way. 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.

"Tell me more about it."

Remember that it's important to be a good listener.

"I'm here for you."

Show your support by letting your friend know you care.

"It's OK to feel this way."

Sometimes people struggling can feel like it's their fault.

What are creative ways you can show support?

1. _____
2. _____
3. _____

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 _____

H	L	E	T	E	L	L	W	W	C	L	T	E	L
R	R	E	L	U	E	X	E	R	C	I	S	E	V
C	E	E	S	T	P	L	E	C	R	L	A	L	R
S	T	E	U	S	L	T	E	A	W	N	G	D	H
O	L	L	Y	L	N	E	I	R	E	H	X	E	E
D	U	I	E	E	E	I	E	E	E	N	G	P	A
C	D	L	N	E	O	U	A	N	N	Y	K	R	L
R	A	T	C	P	D	N	C	C	H	E	T	R	T
R	T	L	T	E	S	N	T	C	I	S	L	H	H
H	G	I	I	H	A	C	E	S	I	H	C	C	Y
E	L	P	I	H	S	D	N	E	I	R	F	Y	T
R	I	O	W	R	G	P	O	N	E	T	S	I	L
R	E	E	G	D	E	L	W	O	N	K	C	A	D
N	L	G	N	L	L	E	N	W	I	R	A	E	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.