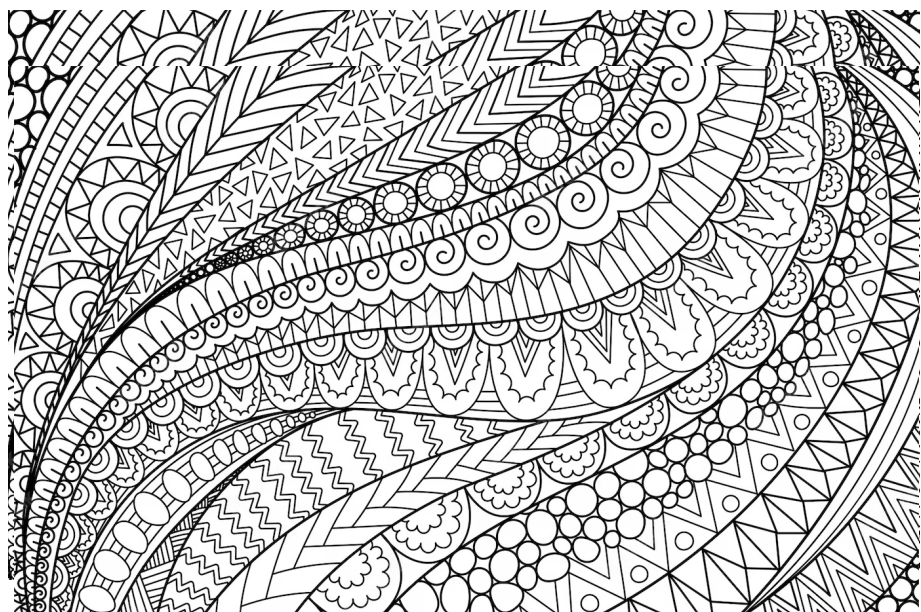


ME



This journal has been provided by the Montana Office of Public Instruction supported by funds from the Montana Tobacco Use Prevention Program of the Montana Department of Public Health and Human Services.

It's intended use is to provide focused, screen-free activities that help raise intentional thought to personal dreams, goals and choices that lead to a long and healthy life.

Be well.

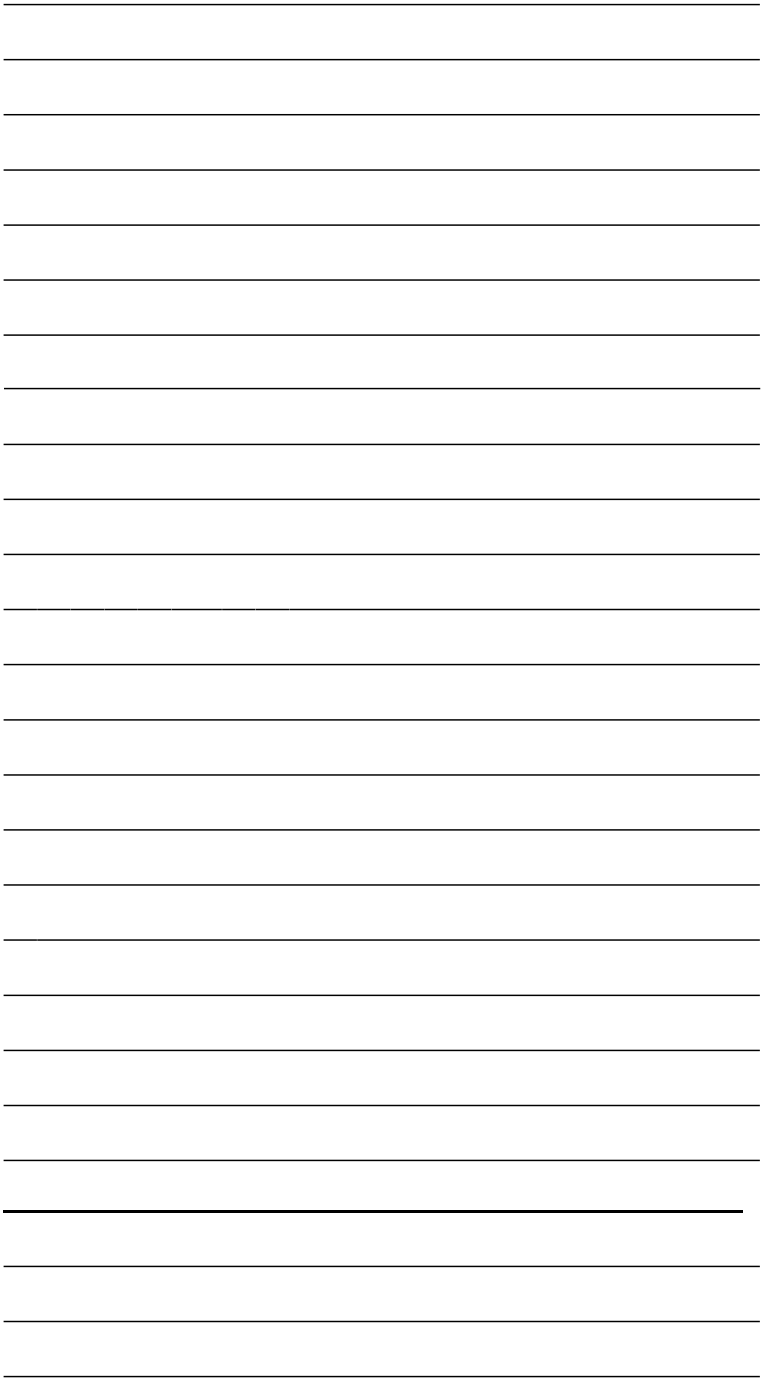


Montana Office of Public Instruction Tobacco Use Prevention Education

*Some pages have been left blank for your own creativity.



© Valentina Harper, www.valentinadesign.com





My Support System

We all need support sometimes. It might be a person, place or even a helpline. Fill this out as you discover your favorite places for support.

For when I need help:

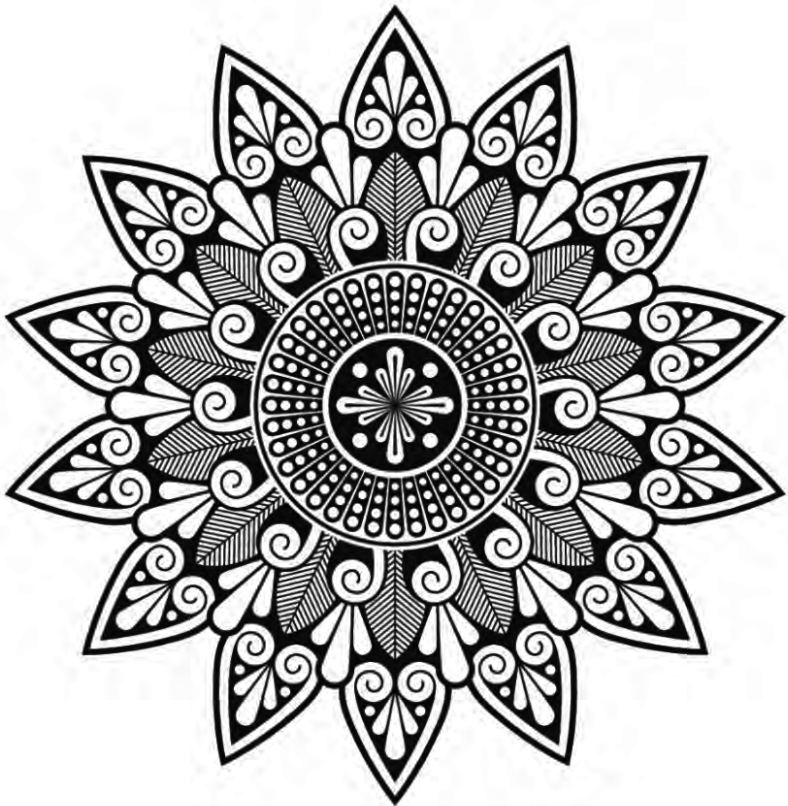
For when I want to laugh out loud:

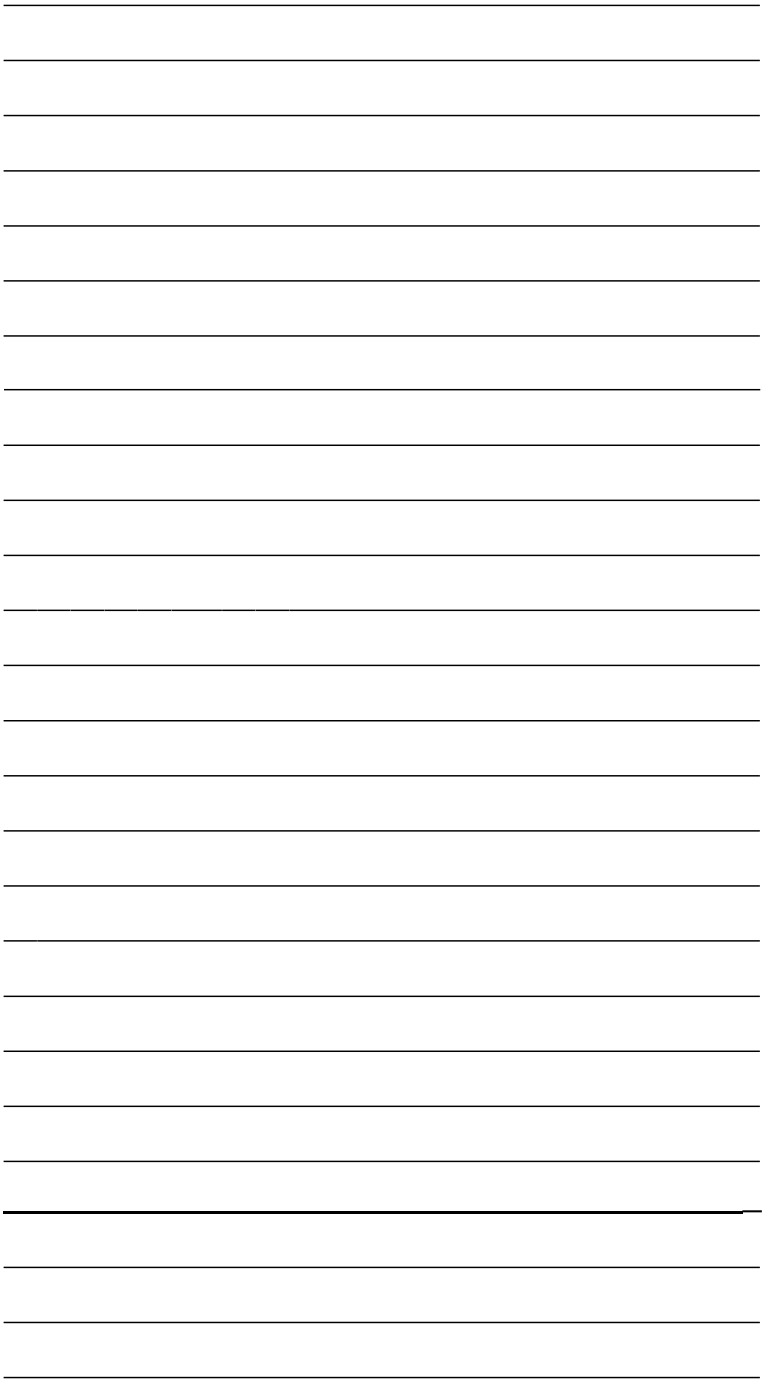
For when I need good advice:

For when I just want to talk:

For when I'm feeling lonely:

For when I'm feeling proud:



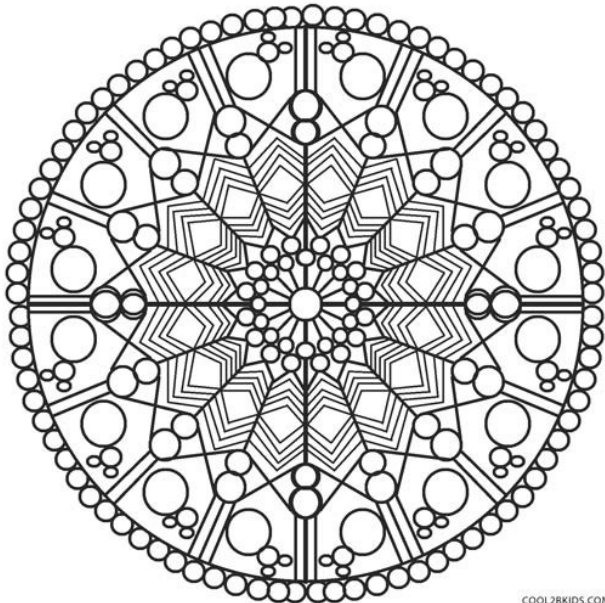


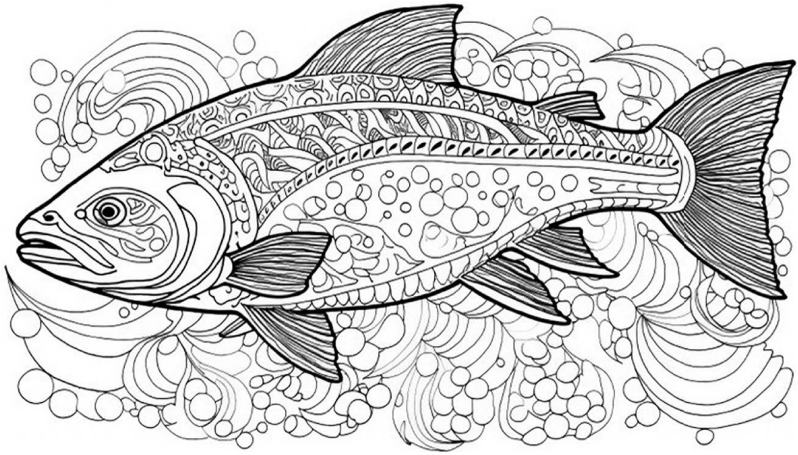
What's on your bucket list?

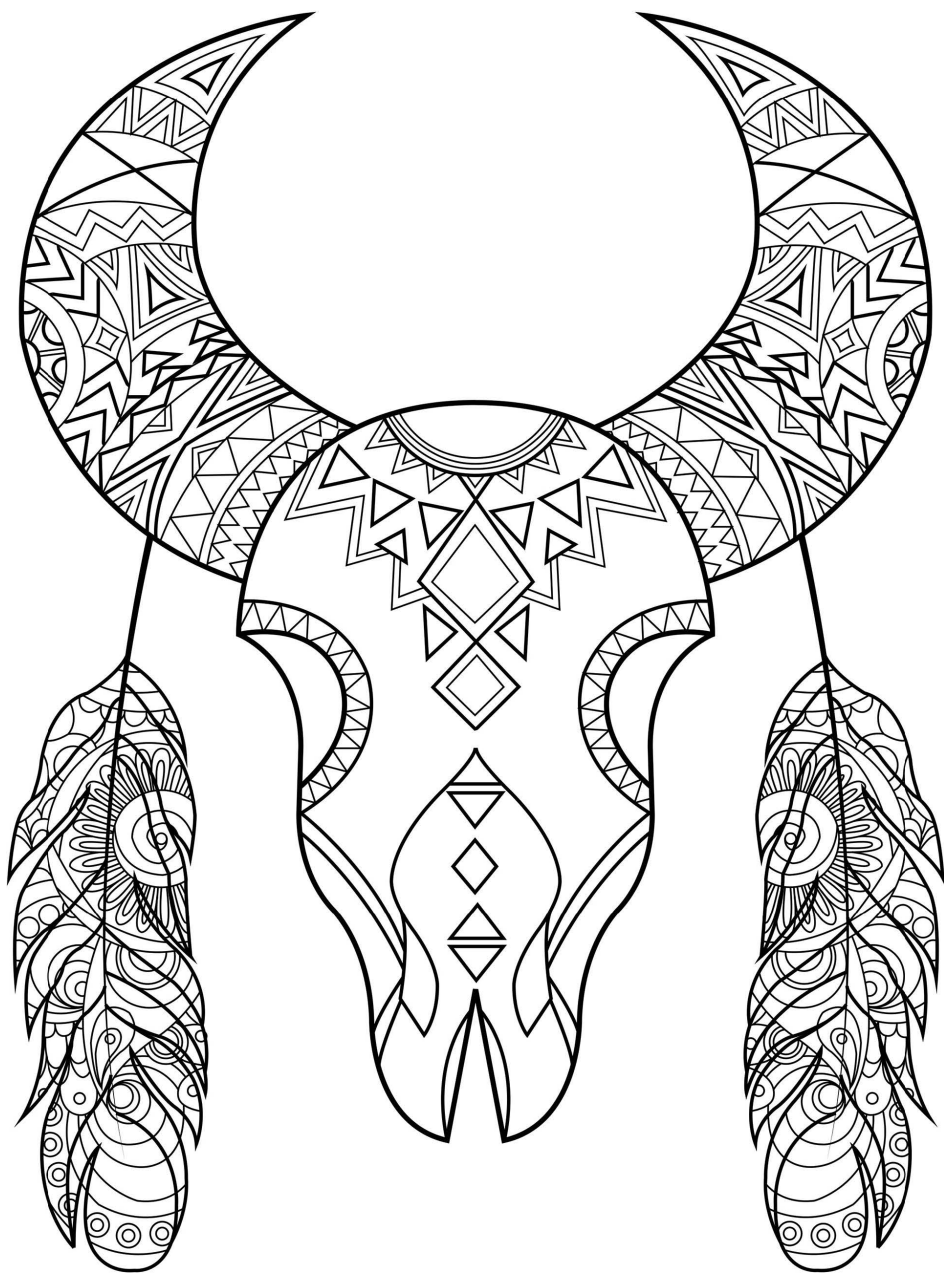
1. _____

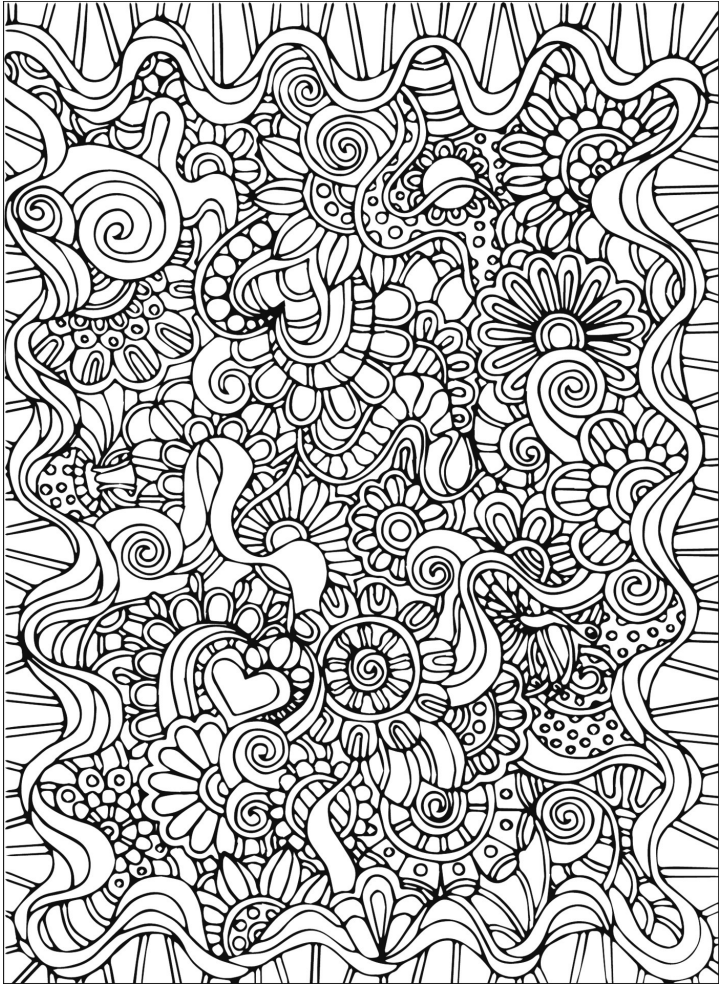
2. _____

3. _____









If you're feeling stressed.....

BOX BREATHING can help you relax.

(This is something the Navy Seals have been trained to do.)

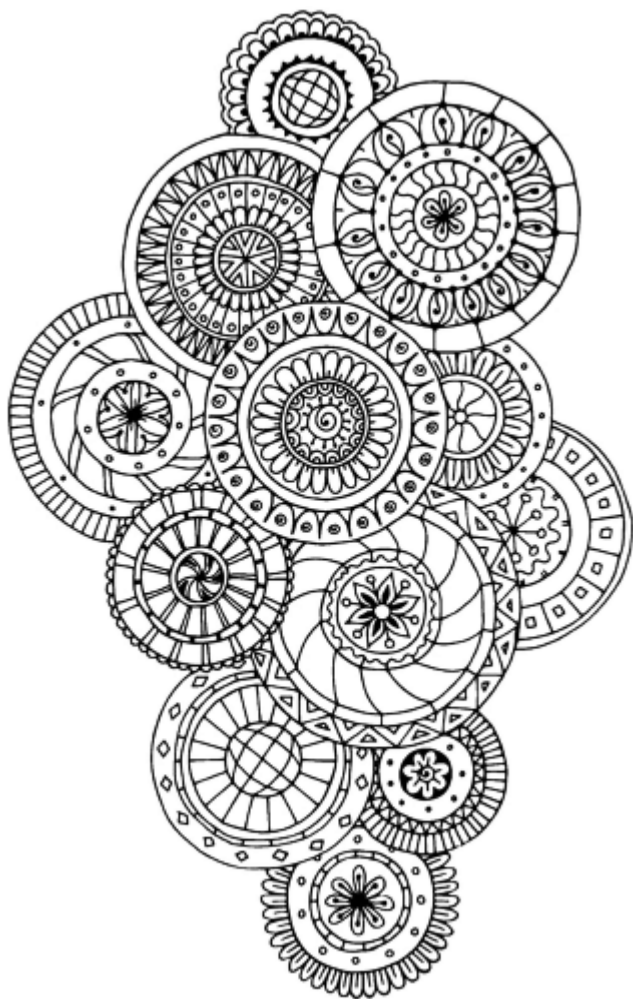
**Step 1—Breathe in, counting to four slowly.
Feel the air enter your lungs.**

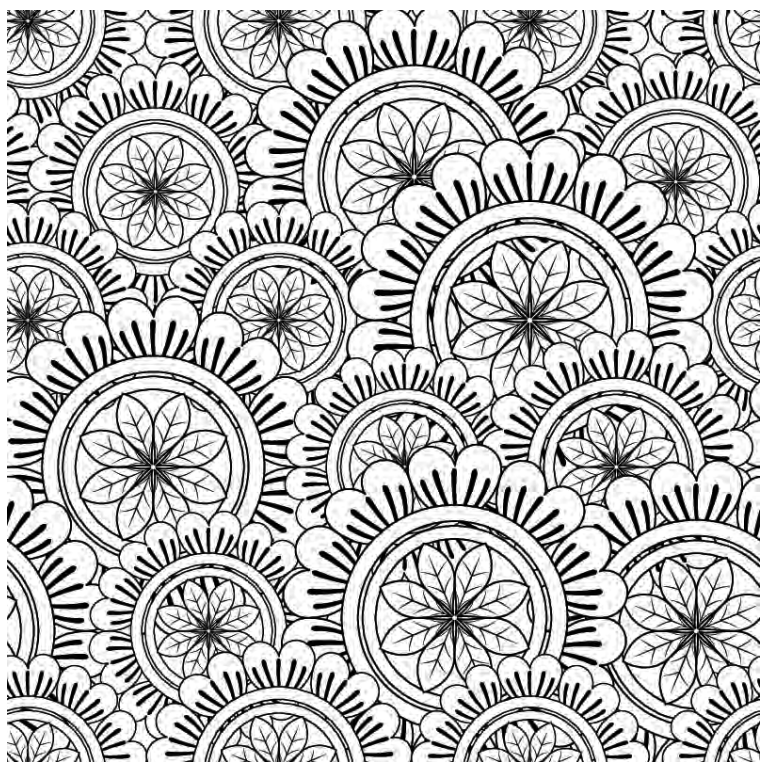
**Step 2—Hold your breath for 4 seconds.
Try to avoid inhaling or exhaling.**

**Step 3—Slowly exhale through your mouth
for 4 seconds.**

**Step 4—Repeat steps 1 - 3 until you feel calm
and re-centered.**







FEELING ANXIOUS?

THINGS THAT CAN HELP:



DEEP
BREATHING



GOING FOR
A WALK



TALKING TO
A FRIEND



COLORING



LISTENING
TO MUSIC



ENGAGING
ALL YOUR
SENSES



FOCUSING
ON THE
PRESENT



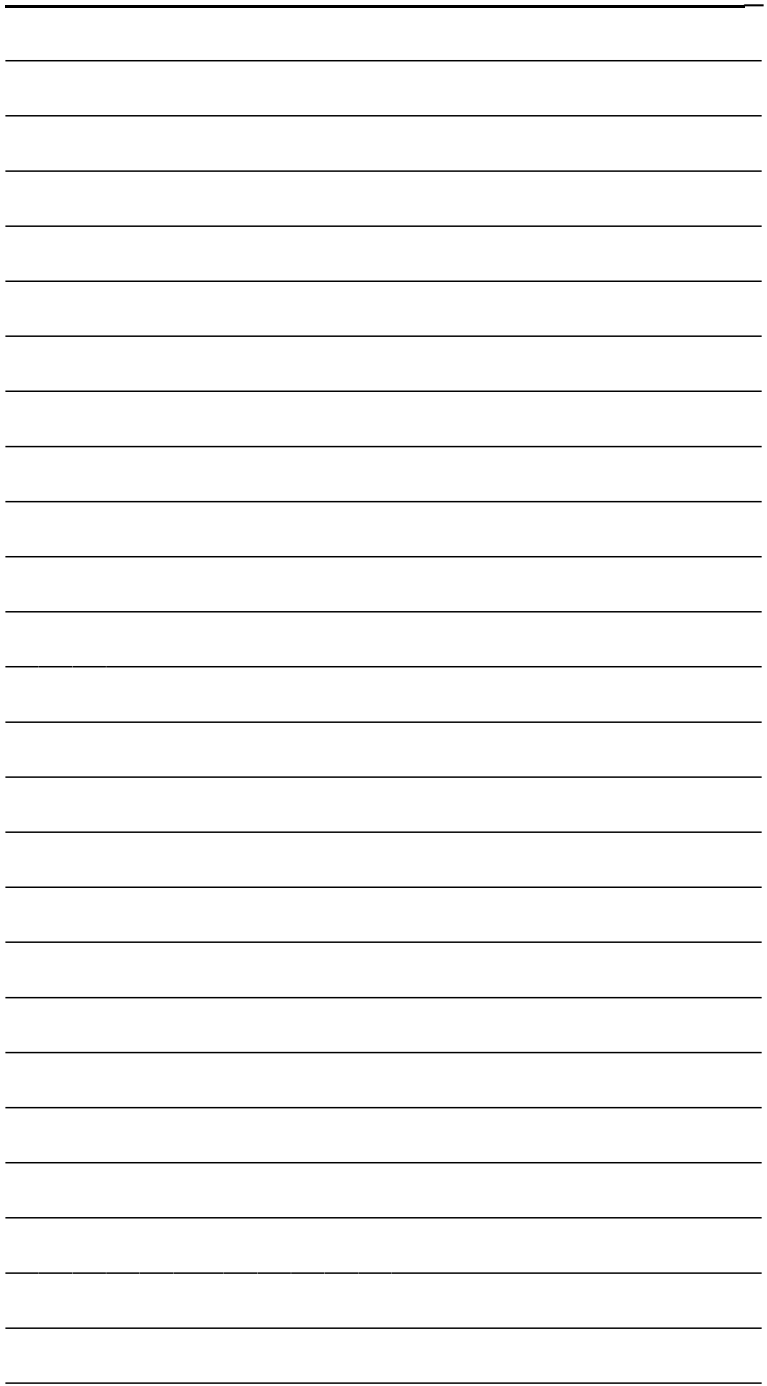
GETTING
PLENTY
OF REST



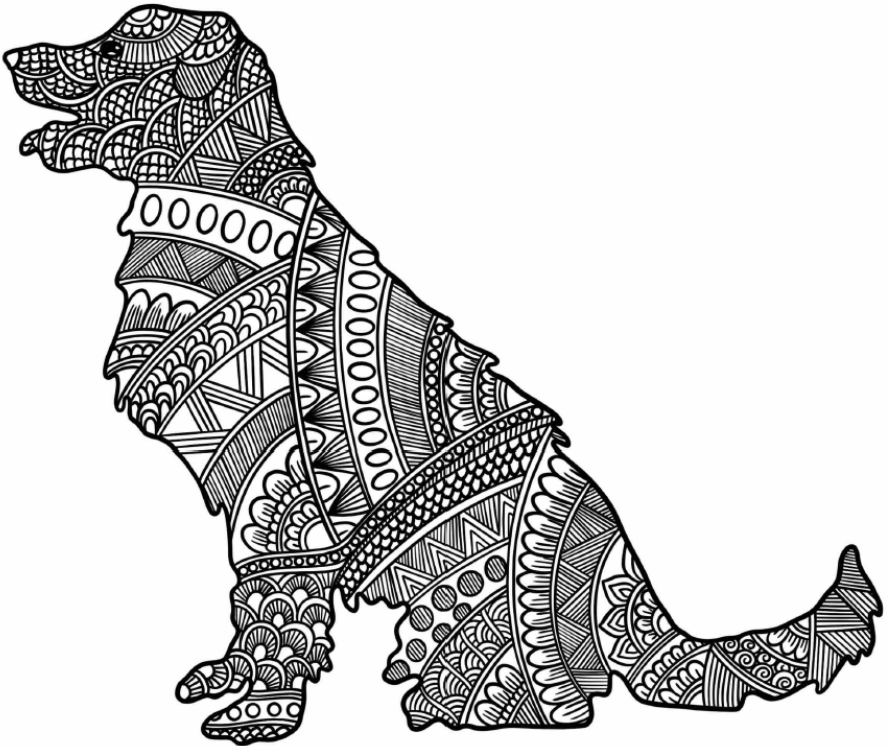
WRITING IN
A JOURNAL

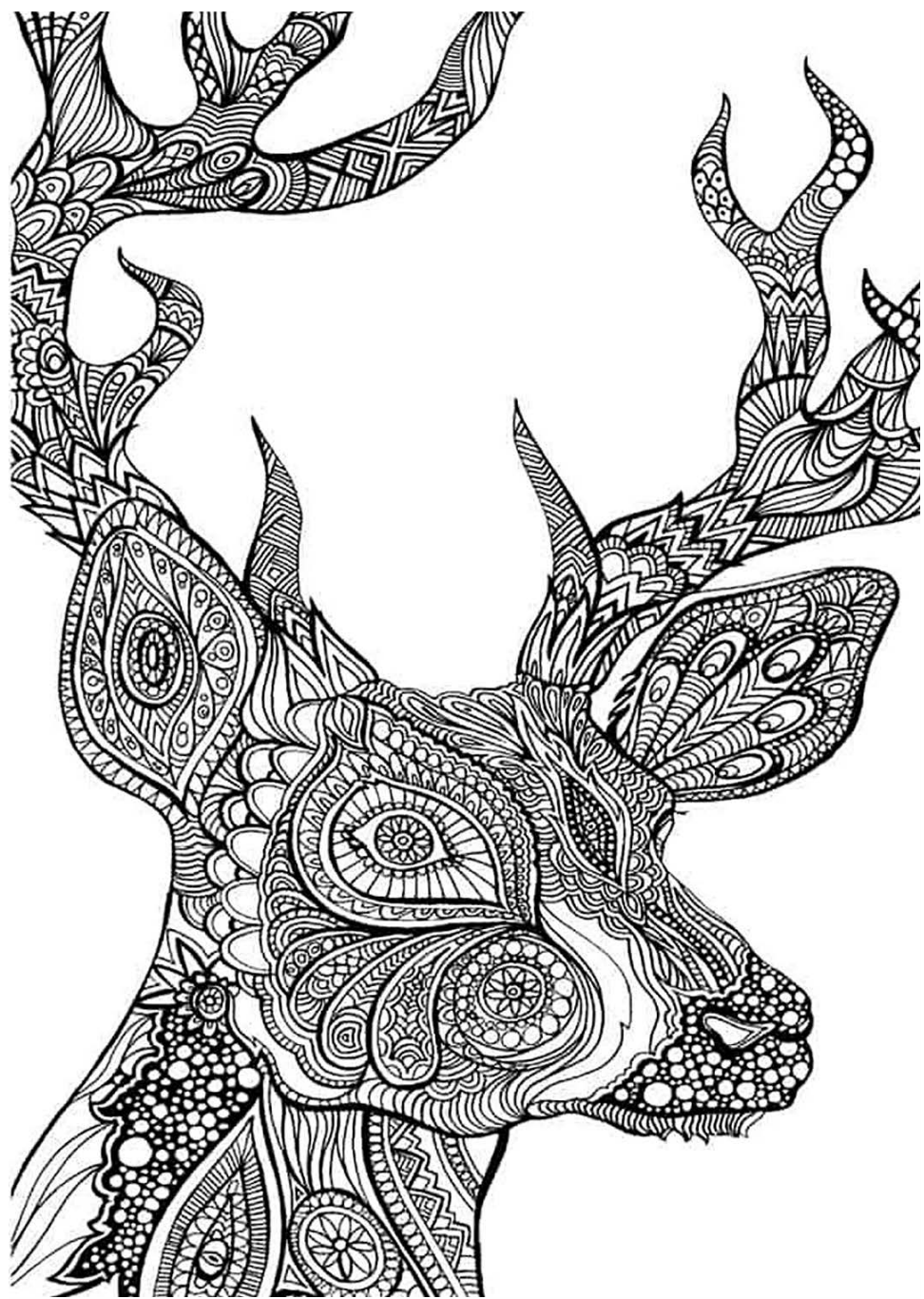


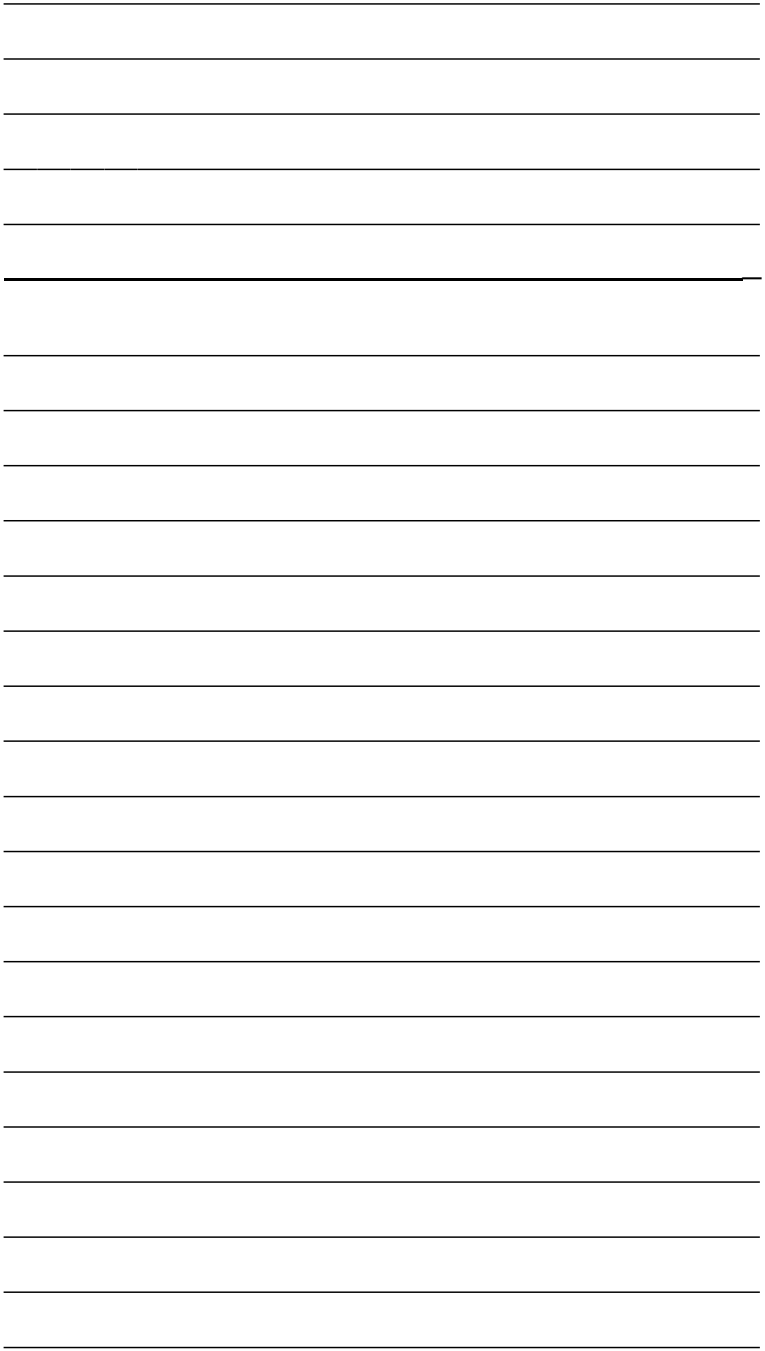
TALKING TO
A
COUNSELOR



What makes you happy?







YOU!



**HAVE
A GREAT DAY!**

If you can dream
it, you can do it!



These may be helpful tips for self-care:

- **Get Plenty of Sleep**
- **Eat Healthy Foods**
- **Get Regular Physical Exercise**
- **Practice Active Relaxation**

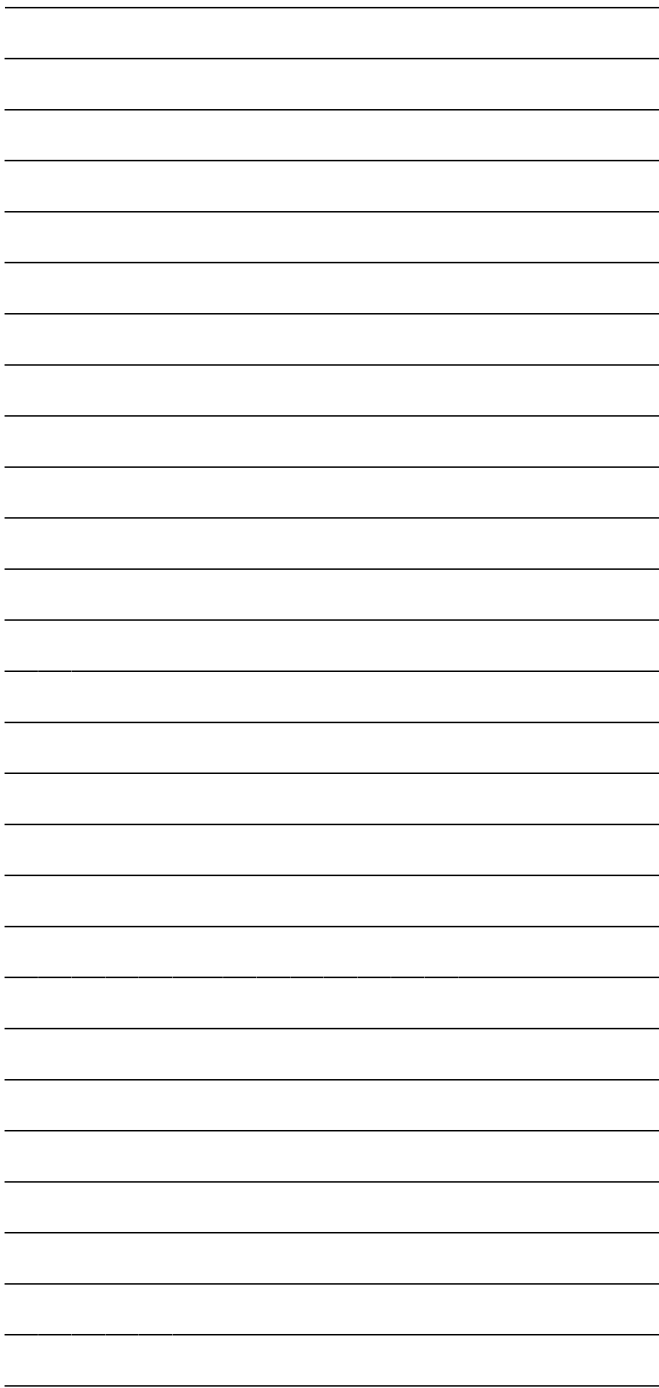
BREATHE — taking a few deep breaths and slowing our breathing are great ways to help relieve stress and anxiety.

BE POSITIVE — Try to stay “out of the fray” of negativity. Practicing gratitude can help keep our perspective focused on the good.

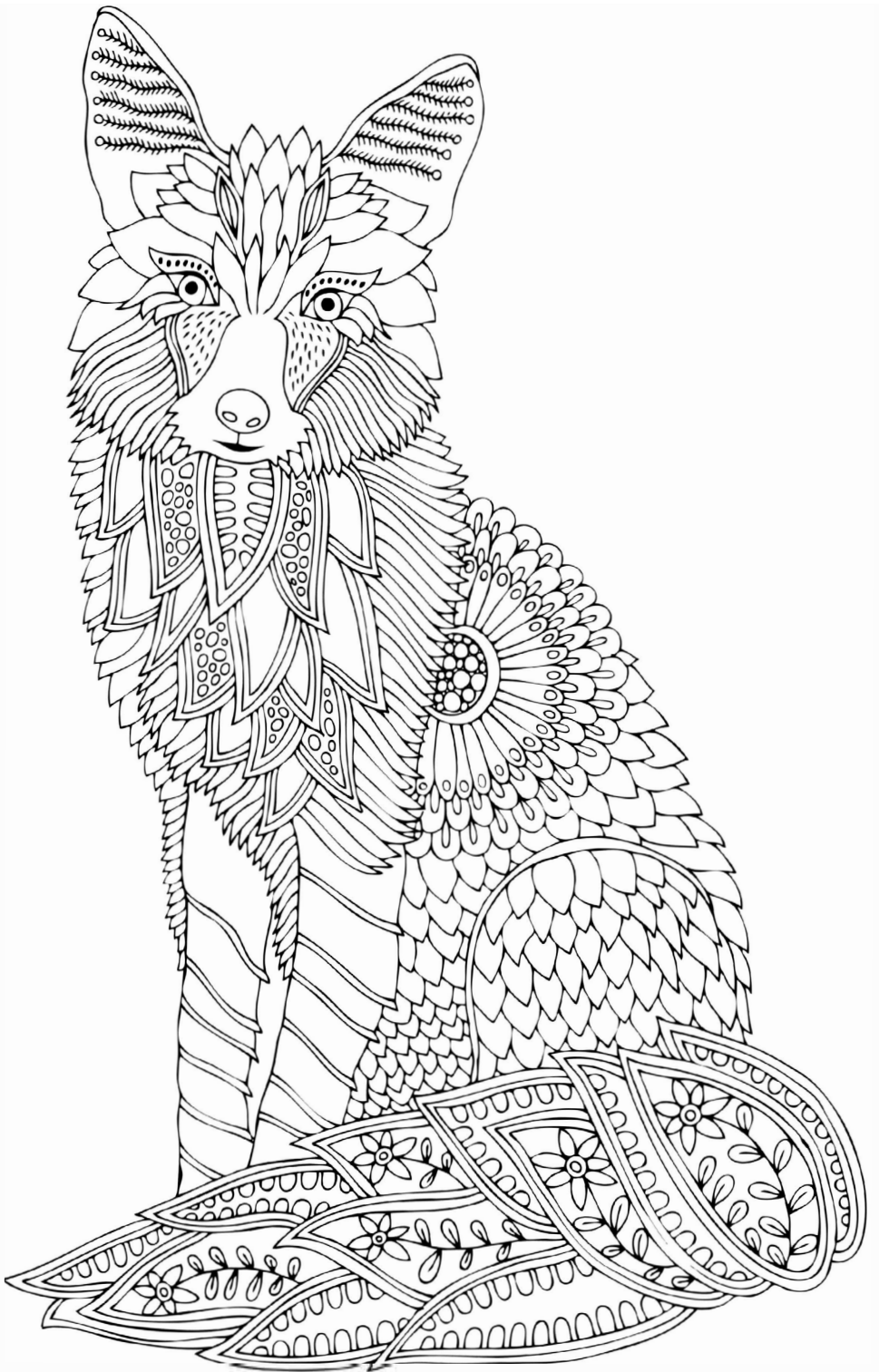
RELATIONSHIPS MATTER — building good relationships and having healthy friendships keeps us connected, engaged and supported.

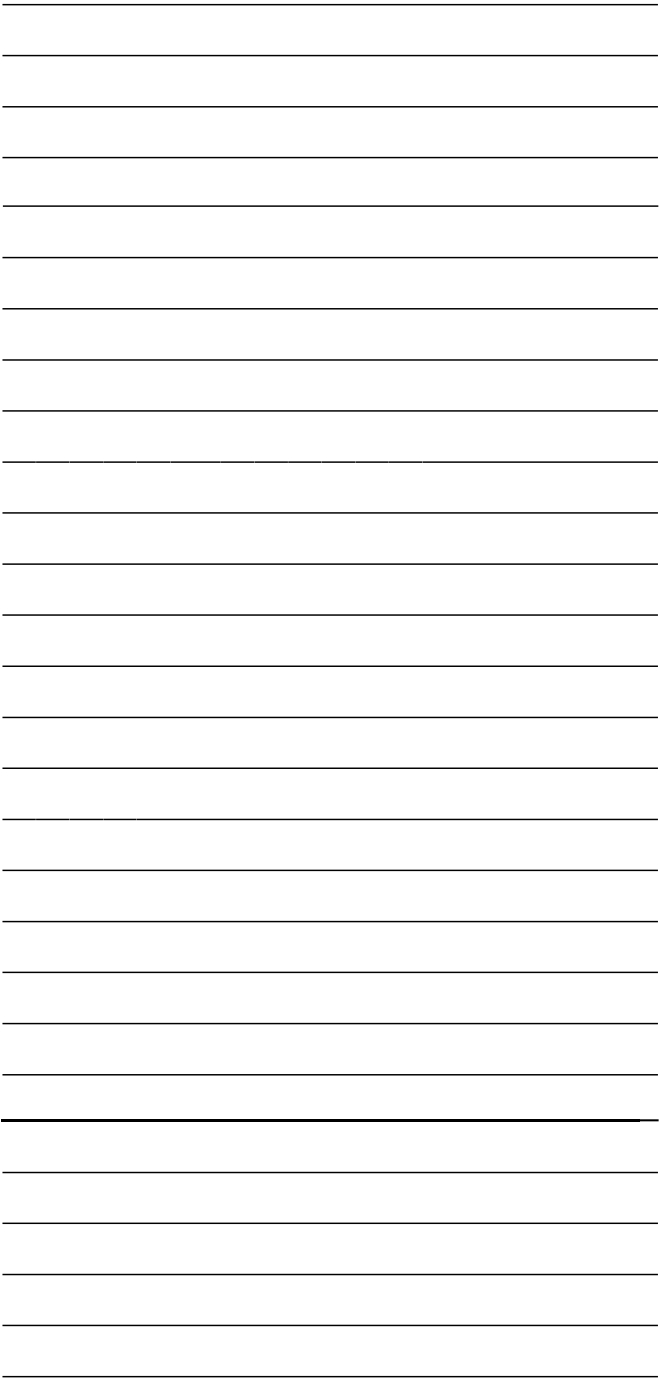
QUALITY TIME ALONE - can be just as important as time with friends.

RESIST SUBSTANCE USE — Don't rely on substances to numb any stress or enhance any joy. Hang with friends, take a walk, listen to music, work on an art project, play your musical instrument, watch a comedy, call a friend, talk to your counselor, play a boardgame with your family.... there are lots of healthy alternatives to substance use.









The dog's tail wagged.

It was his tail's job: to synchronize all
nearby moods to the measure of his joy.

A metronome of happiness.

~James Mark Miller

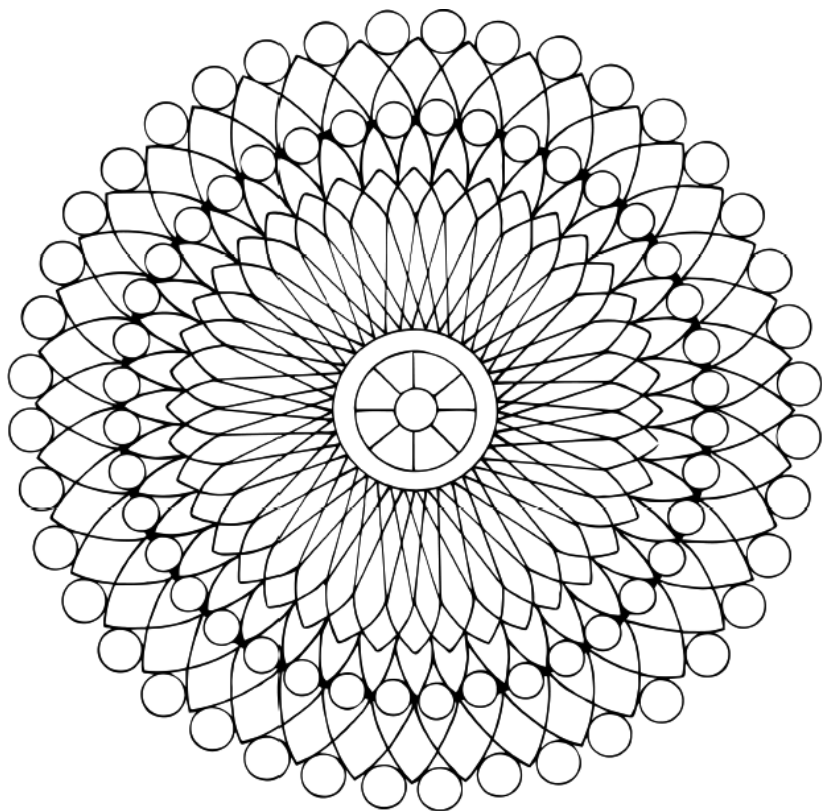


Get Outdoors!



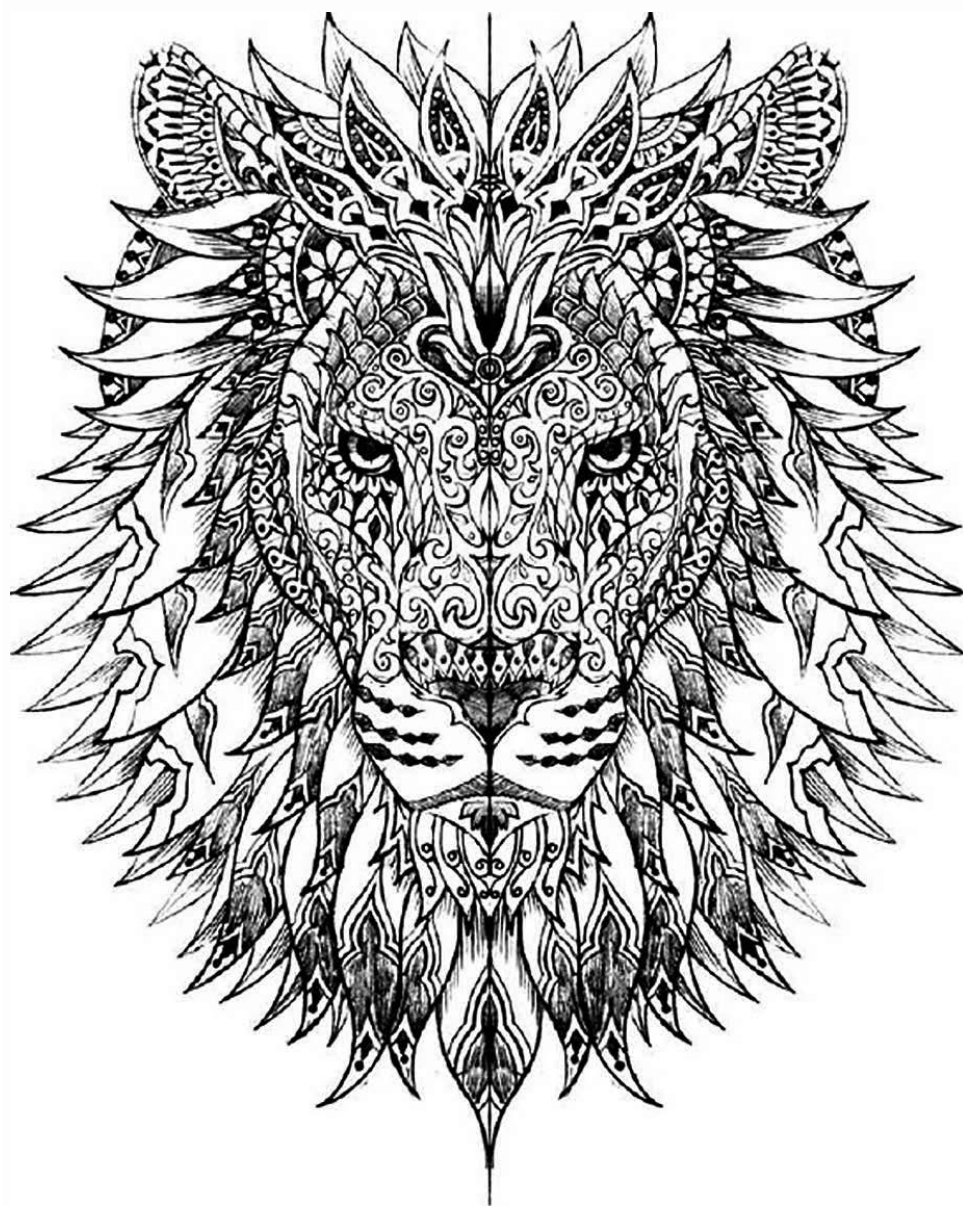
Enjoy Some Fresh Air!

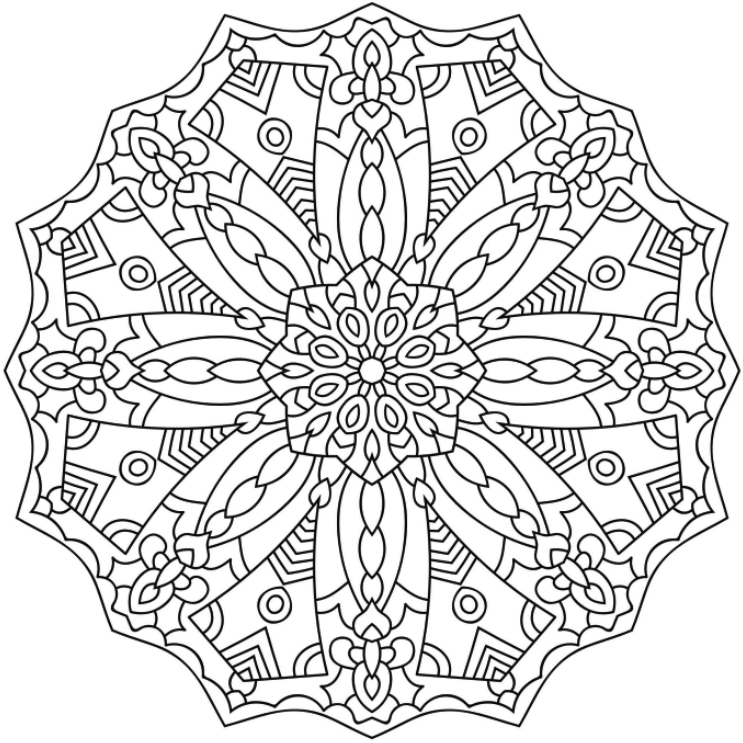
Thoughts for today.....











FINDING YOUR WAY

Self Actualization

Achieving One's
Full Potential

Esteem Needs

Prestige, Feeling of
Accomplishment

Belonging and Love Needs

Friends, Relationships

Safety Needs

Security, Safety

Physiological Needs

Food, Water, Warmth, Rest

Maslow's Hierarchy of Needs

Remember, any buzz you may get from nicotine and vaping can become a costly addiction, in more ways than one. It can cause stress, not reduce it.

About Vaping:

Nicotine is addictive, especially for the teen brain. As our brains develop, we are more susceptible to alcohol, nicotine and other drug addiction.

It's not a harmless water vapor. There's no water, it's not harmless and it's not a vapor, it's an aerosol with potentially harmful chemicals and tiny metal particulates.

Safer doesn't mean safe.

Many things are safer than the number one preventable cause of death...smoking. Research is proving just how harmful vapes can be.

STAY TOBACCO FREE

.....FOR LIFE!

**If you know someone who
wants to quit vaping and would
like support, let them know
about:**

My Life, My Quit
mylifemyquit.com
or text "Start My Quit" to 36072

Montana Quitline
QuitNowMontana.com

Become a Smoke Free/Vape Free Teen
Teen.Smokefree.Gov

This is Quitting
Thisisquitting.com or
Text "DITCHVAPE" to 88709

**If you want to learn more about how
Montana youth are helping peers
choose to stay tobacco free, visit:**

ReACT Montana
www.mtreact.com
@mtreact



opi.mt.gov

