



PSA Topic: Self-Care during Tough Times

In this PSA, invite people to explore ways to take care of oneself during tough times.

Here are some ideas to get you started:

- **What's your recipe for self-care?**
- **What are some healthy coping skills that you have? (for example, deep breathing, walks, exercise, talking to a friend, art, etc.)**
- **"When life gives you lemons, make lemonade!"**
Sometimes, it may be possible to turn something negative into positive by looking at the bright side of things and making the best out of a difficult situation.

So, what do you do when "life gives you lemons"?

- **Everyone has tough times. It's important to check in on one another. It might take you a minute, but may mean the world to someone else.**

How can we support a friend?



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