



2024 Public Service Announcement Contest

PSA Topic: Self-Care During Tough Times

In this PSA, you can promote self-care strategies that you find effective and explain why you recommend them.

Here are a few ideas and questions to help you get started:

- What's your recipe for self-care?
- What are some healthy coping skills that you use? How are they effective? (for example, deep breathing, positive self-talk, going for a walk, exercising, talking to a friend, creating 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 periods of time when things are not easy. It's important to check in on one another. It might take you a minute, but it may mean the world to someone else.
How can we support a friend?

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Visit www.cmchcc.org/psa for more information and to submit your PSA.

If you have any questions, contact Natalia Leusner – natalia@capeassist.org