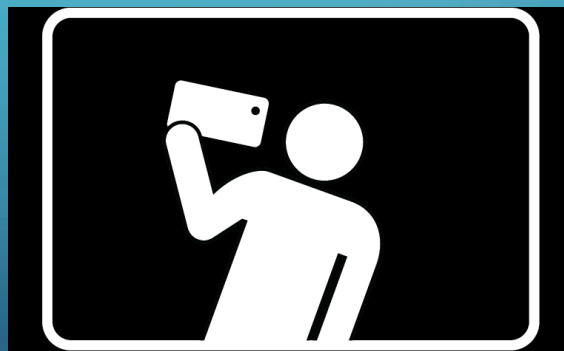


# OBJECTIVES

- Learn to take SELFIES in order to feel better emotionally.
- Learn how to get help if you are still struggling.

# S.E.L.F.I.E.S.

TAKE S.E.L.F.I.E.S FOR BETTER EMOTIONAL WELLBEING



# SLEEP



- Getting enough sleep is the key to emotional self-regulation.
- 8 to 10 hours a night for teenagers...seriously.
- Naps are better than sleeping in, but keep them to around 30 minutes.
- Charge your phone in a different room at night.
- No screen time 1 hour prior to bed.

# EXERCISE

- Aerobic exercise: minimum 30 minutes, at least 3 times a week (walking, running, etc.)



# LIGHT

- Sunlight 15 minutes a day
  - Vitamin D (generates serotonin, which stabilizes your mood)
- Don't forget sunscreen as needed.



# FUN

- It's OK to have fun.
- Hobbies, sports, music, wholesome recreational activities.



# INTERACT

- Spend time interacting with friends and family when possible and safe.
- For now, you may need to connect with others through technology.
- Open up and talk about what's going on in your life.



# EAT WELL

- Eat healthy foods
- Avoid junk food: soda and chips are not a healthy meal.



# SERVICE

- Doing something for someone else fills their bucket and yours too: 2 for 1



# COMBINE FOR BEST RESULTS!

- For example: hiking with friends/family and bringing healthy snacks during daylight hours.
- Be creative!

# WHAT IF I DON'T FEEL LIKE TAKING SELFIES?

- If you are not feeling well emotionally, you may not feel like taking SELFIES.
- But don't wait until you feel better to take SELFIE!
- Take SELFIES NOW, so you that you start to feel better soon.

# IF YOU ARE STILL STRUGGLING...

- Talk to your parents, guardian or trusted adult.
- Talk to your counselor.
- Use SafeUT app.
- Call the Crisis Help Line 801-587-3000



The advertisement features a red and white color scheme. At the top, a red banner contains the 'SAFE UT' logo in a white rounded square. Below this, two red buttons with white text provide contact information: '24/7 Chat- Crisisline' and 'Call 1.800.273.8255'. The University of Utah Health Care logo is centered below the buttons, followed by the text 'University Neuropsychiatric Institute'. At the bottom, a grey bar contains the text 'DOWNLOAD THE APP' and 'Google Play or App Store'.

**SAFE  
UT**

24/7 Chat- Crisisline

Call 1.800.273.8255

 UNIVERSITY OF UTAH  
HEALTH CARE

University Neuropsychiatric Institute

DOWNLOAD THE APP  
Google Play or App Store