

STEP 1: KNOW WHEN TO FIND HELP

What are the warning signs when you begin to feel distressed? These can include thoughts, mood, and behaviors.

STEP 2: COPING SKILLS

What can you do by yourself to take your mind off the problem? How can you use these coping skills?

STEP 3: SOCIALIZING WITH FRIENDS

If you are unable to deal with your distressed friends, list several people in case your first choice is not available.