

Mental Health CHOICE BOARD

Use this choice board when you need something to cheer you up or distract you during a hard time. You can always reach out to your counselor, teacher, or librarian if you need help.

Take note of all the small things you've accomplished today.



Try the "5-4-3-2-1" trick

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Immerse yourself in another world by reading a book!



Allow yourself a moment to cry and let it all out.

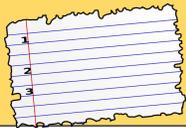
Cuddle with your pet or find a video of cute/funny/happy pets.



Take up Journaling



Write down your feelings on a piece of paper, then tear it up.



Clean or organize your home.



Think about trying some yoga.



Cook or bake something yummy.



Watch something funny on TV or the internet.



Get up and Move- it doesn't matter where you go.



Exercise. Focus on what you are doing and how your body feels to distract yourself.



Make someone else's day a little better.



Write little positivity notes to yourself and leave them where you'll see them.



Listen to music that makes you feel good.



Get out into Nature.



Sing. Belt it out till you're feeling better.



Dance like nobody's watching.



Put together a "coping box"- things that make you feel good, cards, candy, etc.

Draw/paint what you're feeling. - or just Color!



Put together a puzzle or play a card game.



Spend some time on yourself- paint your nails (or cut them), wash your face/skincare routine, bubble bath.

Have an accountability buddy- someone you can go to when you feel down

When in doubt- make a pillow/blanket fort.

