



Self-Care @School with Dr. Alfie and The AAKOMA Project!

Stress is part of everyday life and it can sometimes become worse during certain parts of the academic year (e.g. mid terms, spring break, finals, etc.) Unmanaged stress can even contribute to depression and anxiety. We want to share just a few lessons learned from our research with young people just like you to help you take care of yourself and your friends in need.

HOW CAN I HELP MY FRIENDS ?



Be a Good Listener



Check in Regularly



Model Self-Care



Brainstorm an action plan together

WHAT YOUNG PEOPLE SAY



I juggle my depression management



All therapy looks the same



I don't trust that people can/will help me

YOU ARE NOT ALONE

