Self-Care @School with Dr. Alfiee 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**

THE AAKOMA PROJECT

**CONTACT US!** Contact@aakomaproject.org | www.aakomaproject.org