

WHAT IS THE MATTER?



MY LIFE IS A MESS!

How can I maintain control in an environment that feels stressful?

A MESS CAN BE A REFLECTION OF STRESS



- Divorce
- Death of a loved one



- Discrimination
- School violence
- Sexual Assault



- Child Abuse and Neglect

DEALING WITH A MESS CAN LOOK OR FEEL LIKE:

- Anxiety
- Depression
- Anger
- Overly aware of surroundings
- Nightmares or Trouble Sleeping



- Flashbacks
- Thought Overload
- Self-Harm
- Guilt or Shame
- Withdrawn

NO MESS, NO STRESS!

**Take out the garbage in your mind
and keep your head space clean.**

- **Simplify - Declutter Your Mind**
- **Set and Enforce Boundaries**
- **Talk to a Trusted Friend or Adult**
- **Prioritize the Important Things**
- **Journal**
- **Self-Care**
 - Listen to Music**
 - Exercise**
 - Meditation/Prayer**

**What are the methods that you
use to maintain control in your
environment?**