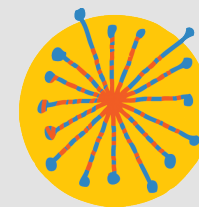


# Self-Care Still Images

High School Student Self-Care



The Clay Center for  
Young Healthy Minds

# High School: **Lucy's Story**

## Stress:

Academic pressures

## Self-Care:

Watching a TV show

"I'm gonna **watch a show**  
on Netflix after school  
because I can take  
my mind away from  
everything that's  
happened  
during the day."

~Lucy



# High School: **Andrew's Story**

## Stress:

Parent tension/fighting  
at home

## Self-Care:

Praying, Spending time  
with close friends

**"Prayer** is a good way  
for me to make myself at ease with myself."

~Andrew





# High School: **Cristian's Story**

## Stress:

Applying to college, first  
in family to attend

## Self-Care:

Talking to and spending  
time with his dog, Buddy



Es más fácil,  
muy más fácil  
para hablar con mi perro  
que hablando con  
mis padres o con mis amigos.

**Él me entiende.  
Él me escucha.**

~Cristian

*"It's a lot easier to talk to my  
dog than to my parents or my  
friends. He understands me.  
He listens to me."*

# High School: **Mia's Story**

## Stress:

Managing a chronic illness,  
keeping up in school

## Self-Care:

Painting nails, doing facials  
at home

Treating myself. Getting my nails done. Getting a facial.

**Because when you look nice on the outside  
it helps you feel a lot better inside.**

~Mia



# High School: **Sebi's Story**

## Stress:

Community college only  
option, Paying for college

## Self-Care:

Lifting weights,  
working out

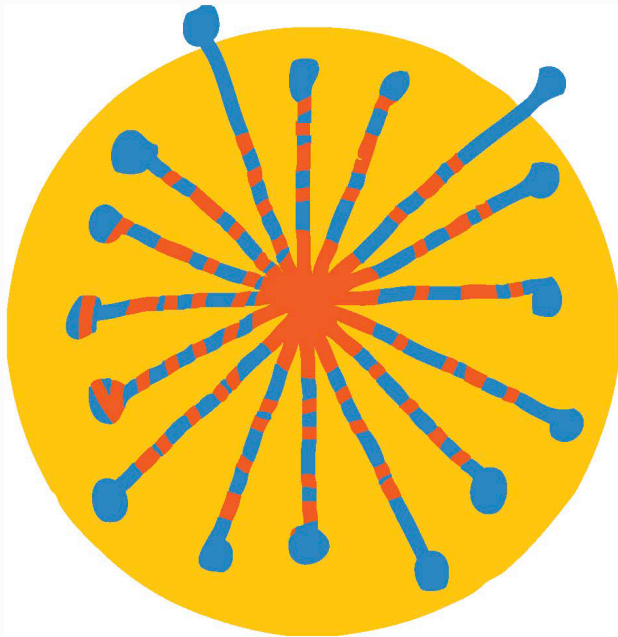
**Working out is  
a great thing for me.**

It helps clear my mind.

~Sebi







# The Clay Center for Young Healthy Minds

*Shining light on mental health through education.*

**E-mail:** [contact@mghclaycenter.org](mailto:contact@mghclaycenter.org)

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