



SURVIVING WINTER BREAK

Plan Ahead

Think of as many things you enjoy as possible. Check out a book from the library, find a new hobby to try, and get together with friends.

Give Up Control

Reduce your stress, by realizing what you can control (yourself) and what you cannot (everything else).. Ask yourself honestly, is this something I have control over? If not, find a way to let it go.

Set Aside Differences

Be prepared to be the bigger person and let differences go when spending time with family. Try to focus on the positive and before break, think of conflict resolution skills.

Safety

If you are worried about your safety, PLEASE reach out to an adult before winter break, so we can help you safety plan! If you feel your mental health is worsening or you feel unsafe, you can call Huck House Crisis @ 614-294-5553 or National Suicide Hotline 1-800-273-8255

Find Free Activities

Check out

Columbus City Parks & Recs
Ohio State University Extensions
Columbus City School Website
Godman Guild
St. Stephen's Community House
Central Community House
Gladden Community House
Columbus Metro Libraries

