

Never a Bother Youth Engagement Activity Tip Sheet for Suicide Prevention Month

Create a self affirmation jar

Navigating pressures from school, work and sports, managing cultural and family expectations, or experiencing tough days with friends and relationships can wear us down. When this happens, it's important that we build ourselves back up.

Self-affirmations remind us of our worth, defend against stress, and can help us weather difficult circumstances.



Get Ready! You'll need.

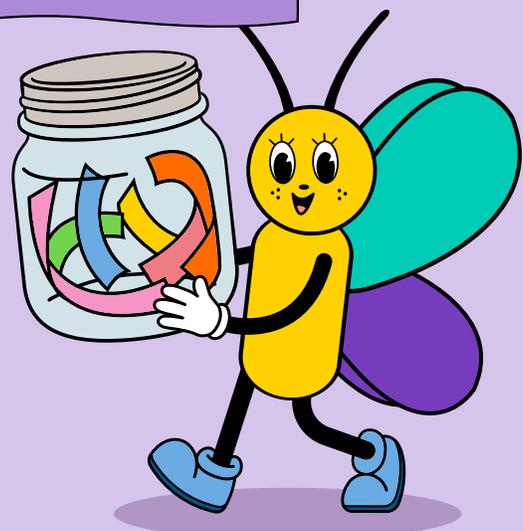
- A mason jar (or other container or box)
- Paper strips
- Art supplies (tape, glue, scissors, markers, ribbon, stickers)
- Optional: Never a Bother flower characters, icons, affirmation pocket cards, and health coping palm cards can be downloaded at: neverabother.org/get-involved/

Tips & Ideas.

- Self-affirmations should be authentic to you and your beliefs.
- Think of some statements you can use to remind yourself of your strengths and abilities, as well as what you are grateful for or working toward.
- Place something in the jar (a photo, a shell, a favorite quote) that reminds you of your reasons for living and gives you hope.

Or add activity ideas (taking a walk, deep breathing) that bring you joy and help you when you are having a tough time.

you are worth it



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Make it a Group Activity.

This is a fun activity that can also be done as a group. That can be your family, classroom or group of friends for a craft night. If you like, you can also make affirmation statements for each other and add it to each other's jars to let them know they are **never** a bother.

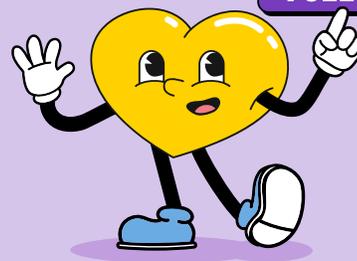


Share on social media and tag @NeveraBother

Take a photo of yourself with the jar or the jar itself and post it on your social media channels using **#NeveraBother**

- Tag the campaign **@neverabother**
- Send a picture to **info@neverabother.org**

FOLLOW



For more resources and info, visit **NeveraBother.org**

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**Never a
Bother**

