

# 64 SELF CARE TIPS:

2022-  
2023

to prioritize  
your mental  
health, stay  
centered and  
find a little  
quiet during  
these loud  
and uncertain  
times.

**By Young People—  
Just Like You.**



THE  
**YELLOW TULIP**  
PROJECT

**Times are tough  
right now. We get it.  
We think so too.**

That's exactly why we put our heads together and created this 'self care kit', filled with pieces of advice that help us feel more grounded when things feel a bit out of control—our hope is that a few of these tips may work for you, too :)

**While we might not be in control of the events happening around us, we can work to become more in control of ourselves; more **mindful**.**

We hope that our '22-'23 self-care tips will help you to stay centered this year, and find a little quiet during these loud and uncertain times. So take a deep breath, find a cozy spot and read on!

Warmly,

Julia, Breanna, Hattie, Danielle, Conrad, Rithvika, Madeleine, Jaden, Tori, Ali, Emily, Mia, Cate, Josie, Avani & Bridget



# Julia



Hi Beautiful People! I'm YTP's co-Founder, a nature lover, and a believer in finding beauty in the smallest places. Even when it's hard to find sometimes, I truly believe that hope is always there. YTP is an example of that simple truth!

## ADVICE:

There are so many unknowns and anxieties in our world and yet I still do have the ability to speak, to breathe and to love. When I begin to spiral and feel really overwhelmed I say to myself "I am and will be okay" to help ground me and remind myself that what is occurring now will not be forever. When we are feeling low, it is even harder to be kind to ourselves therefore it is that much more crucial to say even a small positive affirmation to ourselves.

1

**Journaling:** Every night before going to bed, try journaling 3 things that you feel grateful for. This helps me find little things to appreciate.



**Music:** Have playlists set up for different moods when you need them the most. When I need to cry and release, I play my "Tear Time" playlist. When I want to dance and feel happy I play my "Color" playlist. What playlists can you create that can best support you emotionally?

2

3

**Be kind to yourself:** Sometimes when my depression is rearing its mighty head, I know to be kind to myself. Give myself a little space to curl up in bed and watch a few episodes of a show. It's Ok to not be OK



**Plants:** I've treated myself to a beautiful collection of plants that I keep in my room. Nurturing the plants-giving them water and sunlight and talking to them reminds me to nurture myself-plus they make my room look more alive.

4

# Breanna



Hi wonderful people! I am currently co-Director of Social Media at YTP and I am a strong advocate for also helping eliminate the detrimental stigma of mental health and creating safe spaces for individuals of all ages to be authentically themselves. I love to read, hang out with my family and friends, paint, and write poetry!

## ADVICE:

Allow yourself to live. Allow yourself to breathe. Allow yourself to experience life freely and without the worry of judgment or shame. Being young, this task can be so hard, but learning to love yourself fully as you are not only allows you to enjoy life in these wonderful moments, but it also makes these experiences more memorable. Live your life for your happiness and peace. Be authentically you <3.

1

**Positivity:** Spreading positivity to people around you often transfers into yourself and how to view the world.

It may be hard to be more positive, but taking those moments to uplift your spirits make a difference! Be kind to yourself, you deserve it



**Think and find peace:** Through stressful situations, sometimes it is best to think about the situation and how you feel. Going to your favorite place or finding a peaceful spot to just feel within yourself is important.

2

3

**Do what you love:** Often, life is so fleeting that we forget to prioritize ourselves and the things that we love to do. Whether it's sitting in the sun or hanging out with your friends and family, taking the time to take care of yourself and do what you love should never be an afterthought.



**Trust yourself and your experience:** If something is important to you, treat it as such even if others around you do not. You deserve to advocate for yourself and your feelings because your experience is valid. Trust your decisions and your intuition as you navigate through life. What you feel and perceive is valid.

4

# Hattie



Greetings! I'm the Director of Community Outreach, a senior at Bowdoin College, and someone who loves to be outdoors and feel supported by those around me. Without a doubt the past couple of years have been overwhelming, as we have navigated the changes and challenges that came with COVID, but I have found that it has also been a time to reflect on what I find most important and what makes me feel most healthy and myself.

## ADVICE:

Apologize less, demand more, and don't be afraid to rest your mind. We are socialized to desire productivity and to be busy all of the time, but remember that rest (whatever that might look like) is necessary, too. Furthermore, there is no reason to be anyone but your whole-self and there is no reason to apologize for how you learn, who you are, or what you need. Instead, demand what you need to succeed as YOU. When you can be unapologetically yourself, the best people and experiences are bound to surround you.

**1 Listen:** To yourself– your mind, your body, your soul– for food, fatigue, exercise, social meter, feelings, burnout, and more. Listen to music– I like different kinds of music for different moods and feelings. I actually find that “sad music” helps me to process and think through things.



**Move:** For me, this means going for a walk or run when I feel stuck or in a rut. I like to couple this with some fresh air as well to tap into that healing and freeing power of nature!

**2**

**3 Journal:** I enjoy journaling and I find myself in the best headspace when I can process my thoughts this way. Sometimes my journaling is photographic, sometimes written– perhaps in the notes app, or my journal, or on a random piece of paper. Whichever form it takes, it heals.



**Reach out:** Lean on networks of support whether they be family, friends, professors, or librarians for anything from help with relationships, schoolwork, or decision making over lunch or an informal walk. You are not alone, and others want to help you and see you at your very best.



**4**

THE  
**YELLOW TULIP**  
PROJECT





Hey Changemakers! I'm the Director of Ambassador Outreach, a passionate speaker, and a believer in the power of music, specifically its ability to heal the soul. I know healing isn't a linear process, so I'm more than grateful for organizations like The Yellow Tulip Project that work tirelessly to make sure no one feels alone in their journey. This fall, I'll be a sophomore at George Washington University in D.C. As the old saying goes, I'm always ready to "trust the process".

## ADVICE:

The way you speak to yourself has the power to alter not only your self-perception, but also how others perceive you. So, each day, make sure you give one positive affirmation to yourself. It's as simple as saying: "I love how my skin looks today!", or "I'm proud of the decisions I made today."

1

**Savor:** Have you ever had a meal that was so good that you had to pause for an extra moment to fully soak it all in? That's savoring. Savor the good things in each day, even if just for a minute.



**Breathe:** When you begin to feel that you're living life in the fast lane, slow down, and breathe. Ground yourself in each moment, don't let life make you feel like you're a high functioning sleepwalker. In through the nose and out through the mouth.

2

3

**Move It, Move It:** As students, we sit a lot. So, whether it's taking the long way to your next class, light stretching at your desk, or scheduling a jog with friends after school, get that blood flowing. It's good for your body and your mind.



**Trust:** As I said in my introduction, sometimes in life all you can do is "trust the process", and trust yourself. Some days will be great, others won't, and that's alright. Life isn't about preventing all the rainy days, it's about learning to open your umbrella.

4

# Conrad



Hi everyone! I'm Conrad—a Junior at Tulane and the Director of Operations for the Yellow Tulip Project. In a world where things rapidly change, providing hope and guidance through self care and care for those around you will go a long way! An avid outdoor enthusiast by day and an Netflix enthusiast by night, I enjoy the balance of being with friends and being reflective by myself. I look forward to spending yet another year eating beignets in the beautiful Crescent City!

## ADVICE:

Take joy in not knowing what comes next. Life happens and sometimes you aren't meant to plan that out. Life is much more enjoyable when you can be present in the moment and do the things you enjoy today. The things you enjoy 10 years from now may not be the same but so long as you proceed with your passion, things are bound to turn out right.

1

**Expression:** Create a way of being authentic that can also be your remedy in times of stress.



**Adventure:** Take bold strokes. Do bold things. Don't let fear or stress hold you back from doing what is best for you – have trust in yourself.

2

3

**Spontaneity:** Take some rest days, procrastinate a little, work on the project that you love! At the end of the day, you don't need to balance all aspects of your life to be happy, focus on the parts that bring you infinite joy.



**Growth:** You must let yourself get lost to find yourself. Only you can embark on the journey of self discovery. Be inspired to do new things and grow from your failures. We can't grow if we can't learn.

4



Hi guys! My name is Rithvika and I'm the Assistant Director of Diversity & Equity at YTP and I will be a first year student at Washington University in St. Louis this fall. No words can describe how discombobulated this year has been (well I guess the word discombobulated does). But, with online school and social distancing, I came to adapt and apply certain techniques that I have found to be helpful.

## ADVICE:

We may not have metaphysical powers to foresee what will be or reverse time, but we all encompass the power to shift our perception. The reality of life is that there are going to be hurdles, it is our choice whether we will embrace hardships to grow or remain stagnant. How you view events will truly allow you to see your never-ending potential, and at the same time remember to respect your inherent value as a person.

1

### **Acknowledge your growth and hard work:**

Living in a world where everything revolves around what we produce can be difficult. If you ever feel that you are not doing enough, step back and realize all of the impacts you made as a student, friend, and beautiful soul.



2



**Pause- take a breath:** Things will get overwhelming. I find that word vomiting over a piece of paper about all the stress I'm feeling gets my thoughts out. This can help me see what the real issue is, as well as coming up with a game plan.

3

**Embrace your passions:** Directing your energy towards activities you love can really help you process your experiences.



**Accept:** Accept all the twists, turns, and unknowns of life! We will not always be in control and that is completely okay. Take it one day at a time and enjoy the journey; you deserve all the happiness in the world :)

4

# Madeleine



Hello! My name is Madeleine — I am the former Director of Events & Fundraising at YTP, and I am going to be a freshman at The University of Pittsburgh. I am a creative spirit, lover of nature, and a firm believer that compassion is the key to hope and happiness, not only for others, but for yourself!

## ADVICE:

Go into each experience with an open mind! I tend to create so much worry when I try something new, but always end up realizing that there is nothing to worry about! Although it isn't easy to tune out this doubtful voice, I have found that positive affirmations and helpful coping skills are essential.

Affirmations help me to be in a positive headspace and have a more optimistic approach to every experience.

- 1** **Release your energy:** Have you ever felt a build up of energy after a nerve-wracking event? I love to do an exercise to keep me centered called 5,4,3,2,1. First, you think of five things you can see, 4 things you can touch, 3 things you can hear, two things you can smell, and 1 thing you can taste. This helps me to be present in the moment so that I can feel focused.



**Music:** Music has so much power to set the tone of your day. I have created a daily music playlist, where I choose one song that encapsulates my day and add it to a playlist.

**2**

- 3** **Art journaling:** I love to create in whatever way possible, especially in my journal! My journal has allowed me to escape the pressure and explore my creative freedom. I write down my feelings, doodle, splat paint on the pages, and include mementos.



**It's ok to be alone:** Being alone is hard, but has allowed me to tune in with my emotions, decompress and not worry about those around me. I recommend going to a spot in nature or taking yourself on a date to your favorite coffee shop.

**4**



# Jaden



Hey all! My name is Jaden—a rising Freshman at Ohio State University and I am the Assistant Director of Events & Fundraising here at the Yellow Tulip Project. I am a lover of food (especially sushi and boba), music, and all sorts of adventure. Being a true believer that “it’s not about the destination, it’s about the journey,” I try to maximize all opportunities given to me and try to enjoy every moment I can. Even when chaos is happening around us, it’s important to take some time to remind ourselves to keep hope and have trust in ourselves knowing that everything will turn out okay :)

## ADVICE:

Take life step by step. Whether we are starting something new, or returning to something that we have done before, it is natural to feel overwhelmed occasionally. This happens to me a lot, especially during the school year. Whenever I become aware that I am stressing out, I take a few minutes just to step back from the situation to breathe. Whenever I feel ready, I return and focus on one thing that I can control until I once again feel comfortable with the situation. Make sure to give yourself that time to feel confident about what lies ahead!

1

**Music:** I love listening to music and will come up with any “excuse” to do so, whether it is that I need to focus on work or I’m jamming out in my car. There is a song for every emotion, whether you just finished a 10 hour shift and need to scream or simply had a bad day and need to let the emotions out. I use music in my daily life to supplement my mood, and I would recommend finding playlists that you like for different mindsets



**Walks:** Whether it’s taking a walk or doing some other form of exercise, take a little bit of time each day to move around as it not only helps your physical health, but also your mental health.

2

3

**Prioritize your health:** Set a day aside each week or time aside each day to relax and take care of yourself, both mentally and physically. Whether this time consists of taking a bath, cleaning your room, working on personal projects, etc., make sure to set boundaries with school, extracurriculars, and work to have this time for yourself regularly and do what is needed to maintain your health.



**Positivity:** It is vital to have a positive mindset in regards to life as well as yourself. Embrace who you are and love yourself for it, as there is no one else like you! I know this is easier said than done, but with some practice, a positive mindset will go a long way.

4

# Tori



Hi everyone! I'm the Co-Director of Social Media for YTP. I'm 18 and a rising Freshman at Bowdoin College this fall! In addition to my passion for spreading hope, protecting our planet is very important to me, which is why I plan to study environmental science. I love to run, and I'm excited to continue running track and cross country in college. I'm nervous to start this new chapter in my life, but I'm also really excited to meet new people and have new experiences. I also love cooking, hiking, and spending time with my cat!

## ADVICE:

Introduce yourself to others and ask them questions about themselves! Although it can feel intimidating to introduce yourself at first, you aren't the only one who's nervous on the first day of school. Starting up a conversation is a great way to make a friend and feel more comfortable in a new environment.

- 1 Move your body:** Moving is a great way to calm your mind. I love to go for runs and walks, but moving can look different for different people. Movement doesn't have to be intense to be beneficial!



- Eat food that makes you feel good:** Eat for your body and your soul. Eat your fruits and veggies and make sure you're getting enough protein, carbs, and fats, but also make sure you are eating foods that you love! At the end of a hard day, sitting down and eating dinner with my family always makes me feel better.

**2**

- 3 Get excited about the little things:** Get excited about the little things. Sometimes there are a lot of hard things that you have to get done. During periods of time like this, I've found it helpful to appreciate small victories like celebrating the steady progress I make when writing essays and appreciating the beautiful sunrise when I wake up early.



- Take a break from the screen:** Go outside, have a conversation face to face, play a board game, whatever it takes! Taking a break from looking at your phone or laptop is so rejuvenating. It allows you to be present and get some perspective.

**4**

# Ali



Hi lovely people! I am the Assistant Director of the Ambassador Outreach Committee at YTP! This is my first year at YTP, and I'm super excited for all of our projects to come. I play field hockey and run track, and I love traveling and being outside. I am from Massachusetts, and I wanted to make change in my area to smash the stigma, which led me to YTP.

## ADVICE:

Make sure to be kind to yourself, and others. Remember, if they can't change it in 30 seconds, don't spend 30 seconds pointing it out :)

1

**Get outside:** Nature can be very refreshing and recharging, especially in the era of social media!



**Try something new:** Changing your routine or trying a new activity is very stimulating and can help relieve stress and get you out of a funk!

2

3

**Naps:** Naps can be so refreshing and relieving, and can help relieve stress and recharge your body.



**Make a plan of action:** Sometimes when the world feels chaotic, it can be calming to plan your next steps or organize what you have going on.

4

# Emily



My name is Emily and I am a rising junior at Sacred Heart Greenwich, in Connecticut. I am a Co-Assistant Director of Ambassador Outreach. I'm also a tennis player and filmmaker interested in making a difference through the medium of videography, both on and off of the screen. Mental health and aiding others is essential to me so I'm excited to further our goals of Smashing the Stigma!

## ADVICE:

Give yourself empathy, and take time to validate your emotions. Although the world may be speeding around you, it's ok to take a break and take time to relax and reflect. Despite expectations of perfection, your emotions are valid and you deserve to be understood just as much as anyone else or others you may be caring for.

- 1** **Open the window:** Do this when you can, especially during the summer or when it's warm. Having fresh air in a room can positively change your mood, and even when the weather may not be suitable to leave the window ajar, try and appreciate the warmth and safety that being inside provides.



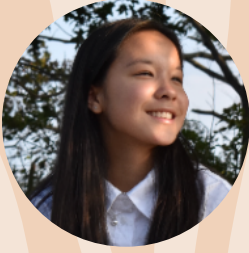
- 2** **Make yourself tea or coffee:** This tip is inspired by my granny Norah who cannot go a day without a good cup of tea. Take the time to admire the process of making a warm (or iced) drink for yourself and others and it may become a routine. The specific process can add pleasant structure to a chaotic day.

- 3** **Handwrite a letter:** I love having things to look forward to and by mailing a handwritten letter to a friend/family member who lives far away, you can await a response or its arrival at their door. Taking the time to write the simplest of messages, like thank you cards or birthday cards, and putting together the envelope with stamps can be relaxing.



- 4** **Music:** Every time I go on a trip or I am with friends I'm bound to miss, I make sure to take note of the music that's playing around us. It helps me to move past the sadness goodbyes can evoke and focus on the joy of the experience. Music gives me a new way to reflect on and appreciate the experience :)

# Mia



Hi everyone! My name is Mia and I am the Assistant Director of the Education Committee. I will be a first year political science student at Northeastern University in Boston this coming fall. I love music, sweets, and racket sports. I'm super excited and nervous for this new, independent journey, but above all, I can't wait to have more resources to pursue my passions and create new memories.

## ADVICE:

Always remember that even while life goes on, it's okay to not be okay. Sometimes the world around you can feel overwhelming and it is absolutely okay for your surroundings to affect you. Whether it's due to concerns about the political climate, your personal life, or the traumas of those around you, allow yourself to pause and process your emotions. Learn to be unapologetic whenever you need time to heal yourself mentally.

- 1 To-Do Lists:** Whether it's for the day or the week, try to pause and create a to-do list of your tasks. Adding more structure to your day-to-day life will help with planning and make it less likely you'll forget an essential responsibility. Tackle the lengthy challenges first! Once you complete the grueling tasks, everything else is easy.



- 2 Personal Gifts:** Treat yourself. Give yourself flowers. Buy yourself a cake slice (or a whole cake...why not). Reward yourself after a long, hard day or week. You don't have to wait for someone else to give you a gift. Getting yourself something special once a week can do wonders for your mental health and happiness.

- 3 Looking Forward:** Plan at least one activity at the end of the week to look forward to. It can be small, like meeting a friend for coffee, or an escapade, like going to an amusement park. Life doesn't guarantee a light at the end of the tunnel; you have to make your own.



- 4 Clean Space:** Clean room. Clean space. Clean mind. Whether it's your bedroom, office, email, etc., constantly operating in a cluttered area subconsciously creates a cluttered mind. Focus on certain sections in the room to tidy up, or designate a specific "cleaning day."

# Cate



Hi Hello everyone! My name is Cate and I am the Assistant Director of the Community Outreach Committee. This year I will be a junior at Yarmouth High School in Maine. I love to play basketball and soccer and spend as much time as I can with my family and friends. I am super excited to be working with the Yellow Tulip Project and can't wait to help their mission of smashing the stigma surrounding mental health!

## ADVICE:

The best advice that I could give to anyone regarding taking care of yourself, is not being too hard on yourself. Everyone will make tons of mistakes throughout their lifetime, and those are not things to dwell on and waste energy focusing on. As long as you are trying and doing your best, that is all that matters.

- 1** **Try to live in the moment:** I find that when I do this, I can fully appreciate what is happening around me, have a sense of mindfulness, and not focus my attention on worrying about things out of my control.



**Exercise:** Exercising is great for so many aspects of life, and I love going for a run or a walk outside and getting some fresh air and exercise at the same time!

**2**

- 3** **Learn to enjoy being alone:** This may be difficult and you may feel lonely at times, but learning to enjoy my own company was one of the best things that I did for my mental health. Now I look forward to the times when I can get a moment alone and just take a step back and relax by myself



**Music:** I love listening to music and find that it's a great way to disengage from whatever may be going on in my own life, and the world in general.

**4**

# Josie



My name is Josie and I am the Director of Education for the Yellow Tulip Project. I joined YTP in 2020 because I witness first-hand the magnitude of the mental health challenges among my peers. I am currently a Junior at Bates College studying biochemistry and medicine. I grew up in London and enjoy dancing in my kitchen and singing off-key with my friends.

## ADVICE:

My advice would be to not be afraid to ask for support from family, friends, or professionals. The ups and downs are part of being human and everyone has had some struggles. Be kind to your mind and be mindful. You are stronger than you realize. When in doubt, blast your favorite song and breathe.

### 1 Making new playlists



### Taking long and relaxing showers 2

### 3 Spend time with my friends and family



### Bake/cook your favorite food or dessert 4

# Avani



Hi my name is Avani and I am the Director of the Diversity & Equity Committee! I have been an Ambassador of YTP for one year now and I am so excited to be more involved with YTP this year. I love that there is an organization catered towards smashing the stigma around mental health. I am excited to collaborate with others and advocate for change! I will be starting my senior year at Pennridge High School in the fall! Some of my other hobbies include: Key Club, Mini-THON, buildOn, Tennis, and dance.

## ADVICE:

Take everything day by day and appreciate the small wins. Do what makes you happy and what is best for you. Allow your mind to relax and don't ever feel bad about taking breaks.

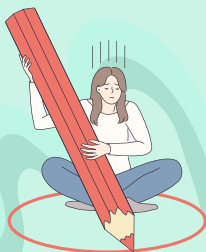
### 1 Be compassionate towards yourself



Surround yourself with people who love and care about you

### 2

### 3 Make time for yourself and meditate



Set boundaries with people, work, extracurriculars, and yourself

### 4

# Bridge+



Hi! My name is Bridget —I'm a senior at Greenwich High School in Connecticut and I am the Assistant Director of the Events & Fundraising committee at the Yellow Tulip Project. I love to travel, play tennis, bake, craft, and more! I love spending time with my friends and knowing that I have amazing and fun people by my side. I know that these past two years have been especially difficult and I want to help people realize that they are not alone. :)

## ADVICE:

My advice is to always prioritize yourself. Understand that it's okay to struggle and it's okay to take the time you need to improve your mental health. Everyone struggles and everyone needs help sometimes, so always remember that asking for help when you need it is not an inconvenience to others. Get comfortable admitting when you are uncomfortable and understand that everyone could use help at times.

- 1** **Surround yourself with positive people:** Spend time with people that understand your struggles and will do anything to help you feel more comfortable. Spending time with positive people that are willing to try new things and have fun will make a big difference!



- 2** **Detach from social media:** Take the time to remove yourself from social media. Sometimes, social media can do more bad than good for mental health. Rather than scrolling on Instagram, find a new hobby to do, take a walk, or hang out with friends and family.

- 3** **Keep a diary:** If you want to release your emotions, but don't always feel comfortable vocalizing your struggles, journal! Keeping a diary is a calming and healthy way to reflect on life and struggles without having to worry about building up the confidence to talk to someone out loud about your struggles.



- 4** **Yoga:** Yoga is a way to get centered and clear your mind. It's a way to physically and mentally reset yourself and forget about any worries you may have. This is a very good way to take care of yourself and make sure you're getting the time you need to take a step away from all the stressful things in life and relax.

# BACKPOCKET QUOTES

For those moments when  
you need a little extra hope.



"It's OK to not be OK."  
- Julia Hansen

"I finally realized that  
owning up to your  
vulnerabilities is a form  
of strength. "  
- Lizzo

"By being yourself, you  
put something wonderful  
in the world that was not  
there before."  
- Edwin Elliot

"Asking for help when you're  
down or when you're feeling  
wobbly or when you're  
depressed is actually the most  
powerful thing you can do."  
- The Rock

"I've been searching for  
ways to heal myself, and  
I've found that kindness is  
the best way."  
- Lady Gaga

"There are only two days in the year that nothing  
can be done. One is called yesterday and the other  
is called tomorrow, so today is the right day to  
love, believe, do, and mostly live."  
- Dalai Lama



# THERE IS ALWAYS HELP AND HOPE OUT THERE.

You are not alone.

---



## Need Someone To Talk To?

### **National Suicide Prevention Lifeline**

A confidential suicide or crisis helpline.

Available 24/7.

- 1-800-273-TALK (8255), or text ANSWER to 839863
- Those who speak Spanish should call 1-888-628-9454
- Those who are deaf or hearing impaired should call 1-800-799-4889

### **Crisis Text Line**

Text HOME to 741741

### **The Trevor Project (LGBTQ+)**

A confidential helpline for LGBTQ+ teens.

Available 24/7.

Call 1-866-488-7386.


---

## GET INVOLVED!

Want to learn more about YTP or join our momentum? Visit [theyellowtulipproject.org](https://theyellowtulipproject.org) or scan here:



Have tips of your own you want to share with our community? DM us today!

 @theyellowtulipproject

**Our deepest gratitude  
to our sponsor**



**Thank you for  
believing in the need  
for this project and for  
helping young people  
everywhere work  
towards personal  
mindfulness.**

**Thank you for reading! Remember that while  
things might be bumpy at times, we can all  
work towards very-needed inner peace.  
We hope this guide helps.**

**- YTP Youth Leadership Board**

**THE  
YELLOW  
TULIP  
PROJECT**

[theyellowtulipproject.org](http://theyellowtulipproject.org)  
[@theyellowtulipproject](https://www.instagram.com/theyellowtulipproject)