

# Be your self

## Adolescence can be a challenging time

School stress, work, friendships, fitting in, family responsibilities – it's no wonder a lot of young people wind up feeling overwhelmed. When things are tough, it's important to be kind to yourself.

**Take a deep breath**  
Remember, this too shall pass

There are people here to help you  
Don't be afraid to ask

There's always more than one way to get where you want to go

**You are not alone**  
Everything is going to be okay

**Celebrate who you are!** Our imperfections are what makes us unique

**Treat yourself with compassion**  
Talk to yourself the way you would talk to a friend

**You can do it**  
You're stronger than you realise

**You are worthy**  
You are enough

Remember, if you or a friend are having a hard time, talk to a trusted adult. It's important to reach out and seek help.

Your parents, GP, school psychologist, Headspace and Jewish Care are all great resources.

In a crisis, call Kids Helpline on 1800 55 1800 or Lifeline on 13 11 14.



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