

TRY ONE OF THESE READS

How to Become an Accidental Activist

by **Elizabeth MacLeod & Frieda
Wishinsky**

TWEEN/361.2092 MacLeod

The Emotionally Intelligent Teen by

Melanie McNally

TEEN/155.5 McNally

Life After Doom by **Brian D. McLaren**

TEEN/200.1 McLaren

Inspired to Action by **Jean Rawitt**

TEEN/371.8 Rawitt

How to Be a Global Citizen

TEEN/323 How

JOURNAL PROMPTS

- What am I feeling?
- What do I wish were different about the world?
- Write down all the things you can do to make a difference-- big or small!

LOCAL RESOURCES

Gloucester Connection

<https://gloucesterconnection.org/>

Gloucester Health Department

978-325-5260

(You can also volunteer for the
Youth Leadership Council)

The Open Door

28 Emerson Ave.

Gloucester, MA

<https://foodpantry.org>

Sawyer Free Library

Annalise Nakoneczny, Young Adult

Librarian

978-325-5564

anakoneczny@sawyerfreelibrary.org

Younity

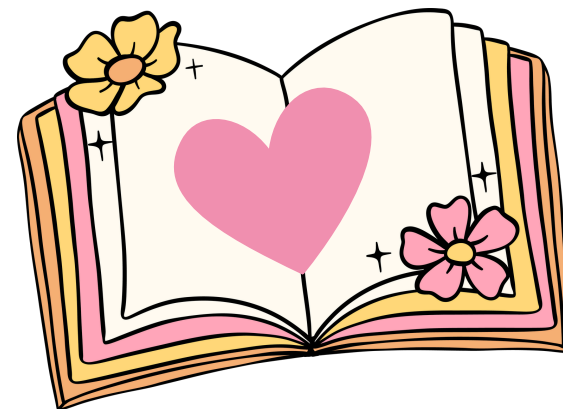
6 Elm St.

Gloucester, MA

[https://jri.org/services/community/
younity-drop--in-center](https://jri.org/services/community/younity-drop--in-center)

WHEN READING IS HARD

A GUIDE TO SELF CARE WHEN
READING HEAVY MATERIAL



**YOUNG ADULT
DEPARTMENT**

 **I FEEL**
OVERWHELMED.

Taking care of yourself in
the midst of learning

**Put down what you're
reading and breathe.**

**CALMING
BREATHING
EXERCISE**



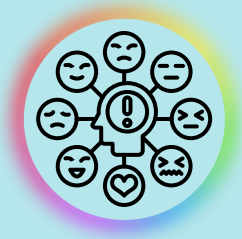
**Take a walk. Get
outside.**

"... nature walk[s]
effectively improve mental
health, positively impacting
depression and anxiety."

Grassini S. A Systematic Review and Meta-
Analysis of Nature Walk as an Intervention for
Anxiety and Depression. J Clin Med. 2022 Mar
21;11(6):1731. doi: 10.3390/jcm11061731.

Talk to someone.

Process what you've read with
a friend, a family member, a
trusted teacher, someone in
your faith community, or a
mental health professional.



Find a palate cleanser.

Ask your librarian to
recommend a light book
to boost your mood!

Journal.

Find prompts on the
back of this brochure.

**Find a mental health
professional.**



**SEARCH
FOR A
THERAPIST**



Express yourself.

Make art, journal, talk to
a friend, write an op-ed,
call your representative.

**IT'S OKAY TO FEEL
BIG FEELINGS ABOUT
HARD THINGS.**

 **I WANNA DO
SOMETHING!**

Taking action when you're
feeling fired up

**Reach out to your
representatives!**



**FIND YOUR
REP**



Sign petitions

Try Change.org for all
sorts of petitions!

**18+? Make sure you're
registered to vote!**

**REGISTER
TO VOTE**



Volunteer

Find local community
resources on the back of this
brochure.