

The Past Is Not The Future

While you can't control the things that have happened to you during your childhood, you can control the effect it will have on your long-term health. Without the presence of protective factors, adverse childhood experiences (ACEs) can cause toxic stress in your brain. This can lead to negative outcomes both socially and physically.



Let Your Hopes, Not Your Hurts, Shape Your Future

Talk to a safe, trusted adult about your plans for the future. Focus on setting goals and having the best life you deserve. Keep a positive outlook on life and find people who want to help you stay positive.



Adulting 101

While it is cool to have fun, your brain is also at a point where it is ready to learn those all-important life skills needed to be an adult. Work with your parents or a trusted adult to learn how to cook, pay bills, manage money, find your own place to live, take care of that place to live, and to be responsible.



Take Care Of Yourself

Eat healthy, get outside once in a while, exercise, drink water, and get plenty of rest. Stay away from drugs and alcohol. Help others. Make friends. Be involved in your community, school, sports league, or church group.

Seek help and resources when you need them. It's okay to ask for help.
Your destiny is in your hands. See who and what you need for it to be the very best.

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