



# HEALTHY WAYS TO HANDLE TEEN EMOTIONS

**"I'M THE WORST..." "I'M SO UGLY..." "I'M AN IDIOT..."**

When teens know how to handle these feelings, they're less likely to seek quick relief from risky substances.

Teach yours healthier ways to feel better and stay safe.



**SCAN QR CODE TO LEARN MORE**

**[thenewdrugtalk.org](https://thenewdrugtalk.org)**