

Is it working?

**Is it charged? Do you have
reception?**

Yes

No

BACK

Call for help.

**Describe to them
where you are,
wait, or follow their
instructions.**

**Lucky you, you aren't gonna die
alone here.**

BACK

**Are you
lost?**

Yes

No

Are you physically lost?

Ex. I don't know where I am!

Yes

No

BACK

**You should work on
your sense of
direction and be
more independent.**

**But you are
OK for now.**

Are they working?

**GPS charged? Compass
functional? Map is accurate?**

Yes

No

BACK

**Figure out
where you
came from.**

**Try to go back the
direction you
came from.**

**Still confused?
[CLICK HERE](#)**

BACK

**Do they
know
where you
two are?**

Yes

No

BACK

**First,
sit down and
hydrate yourself
and eat.**

**DON'T PANIC!
Use this as an
opportunity to
calm down.**

When you've done that:

CLICK HERE

BACK

Think.

**When did you think you went
off track?**

**When was the last time you saw
a track marker?**

**You might not be
that far away from
the right track!**

When you've done that:

CLICK HERE

Leave a mark.

**Find a clearing that can be seen
from the sky that is CLOSE to
where you are lost.**

**Do you have bright
fluorescent tape or
colored clothing?**

Yes

BACK

No

Leave a mark.

Find sticks, large branches,
rocks, or anything that you can
spell out SOS for help.

When you've done that:

CLICK HERE

BACK

**Is there a tall
tree/rock you
can climb up to
near you?**

Yes

No

Climb up the tree/rock safely.

**Look for the track you came
from, or, look around to
understand the terrain.**

When you've done that:

CLICK HERE

BACK

**Are you
alone?**

Yes

No

BACK

Where are you?

**Wildernes/Rural
Area**

Urban Area

BACK

**What do
you have
with you?**

GPS, map, or compass

Food and water

Phone

Nothing!!!

BACK

DON'T PANIC!

**It's ok, you'll get
yourself out of this.
Sit down somewhere
safe and calm down
so that you can think
clearly.**

When you've done that:

CLICK HERE

BACK

Leave a mark.

Use your fluorescent tape or bright colored clothing to leave a signal that is visible from above.

When you've done that:

CLICK HERE

BACK

Think and plan.

**Decided on what you
are going to do.**

Will you wait for help?

Will you retrace your steps?

**Do you think you are close or far
from your correct route?**

Do you enough food & water?

Is there a water source nearby?

When you've done that:

CLICK HERE

**Is it almost
nightfall?**

Yes

No

BACK

Find a shelter.

**You want to get out of
here, we get it.
But, you can't find
your way out when
there's no light
during the night**

**When you've done that:
[CLICK HERE](#)**

BACK

Build a Fire

A fire not only will keep deadly beasts away, but it also protects you from hypothermia. It also acts as a signal fire.

When you've done that:
CLICK HERE

BACK

**Stay put
Stay warm.**

**Stay where you are
until morning.**

**When you can see
your surroundings,
return to this guide.**

Good night

BACK

**Wow, look at
you!**

Keep it up!

BACK

**What do you
mean you are
just not
physically or
mentally lost?**

**I'm lost for
words.**

BACK

**Is there a
powerline
near you?**

Yes

No

BACK

**Is there are
river near
you?**

Yes

No

BACK

Wait.

**Stay where you are
and wait for people to
find you**

**If you didn't tell anyone
where you were going
beforehand,
then...good luck?**

**Please remember to do
that next time.**

**If you still have hope:
[CLICK HERE](#)**

BACK

Are you mentally lost?

Ex. What am I doing with my life?

Yes

No

BACK

**Take care
of your
money.**

**Buy food and
drink if you
need to.**

When you've done that:

CLICK HERE

BACK

**What do
you have
with you?**

Food and water

Cash

All of the above

Nothing

BACK

**Rest, and
drink and
eat if you
need to.**

**When you've done that:
CLICK HERE**

BACK

**Do you
have a
phone/com
puter?**

Yes

No

BACK

Are they charged?

Yes

No

BACK

Follow the powerline!

**It will lead you to
civilization, but
consider how long or
how far it will take.
(powerlines sometimes span
across a lot of not inhabited
land)**

**If it starts to get dark
as you walk:**

[CLICK HERE](#)

[RETURN HOME](#)

BACK

Follow the river!

Rivers are a great
water source and food
source.

Keep walking along it!
The river will flow
through civilization!

If it starts to get dark
as you walk:

[CLICK HERE](#)

[RETURN HOME](#)

[BACK](#)

What are you lost about?

Myself

My relationships

My job

My life

BACK

Ask yourself this:

**Am I feeling lost
because of other
people, or because I
am a devote self
critic?**

Other people

It's just...ME!

BACK

Ask yourself this:

**Do you love or feel
affectionate towards
this person in your
relationship?**

I like them, but...

I don't.

BACK

**Ask yourself
this:**

Do I enjoy my job?

Yes

No

BACK

Ask yourself this:

**Have I been putting in
enough time to take
care of daily matters?**

Yes

No

BACK

You know yourself the best.

**You know your own value
the best. Strive towards
your goals and do what
YOU enjoy. What others
say, in the end of the day,
are just words. Don't let
them change YOU.**

BACK

It's Ok. No one's perfect.

**It's normal to be harsher
to yourself than others.
It stresses us out, but it is a
way for us to look at our
flaws and improve upon
them.**

**BUT, it's important that we
deal with this healthily.**

[Click here to continue](#)

BACK

Think.

**Why are you having
someone you don't enjoy
being with in your
company?**

**Habit? Fear? Loneliness?
Talk to them about what
you feel if you're
comfortable.**

**If not, it's ok to end the
relationship.**

**You outgrow people, and
it's ok to move on from
people.**

BACK

Relax.

Regardless of whether it's romantic relationship or friendships, we will always run into problems.

AND, it's probably not a one-sided problem.

Communication is key. You two might need to talk things out.

Click here to continue

BACK

Move on!

Of course you will feel frustrated and lost if you don't like what you're doing!

1. Change how you are approaching your job, perhaps it's your working habits that are making it not enjoyable.

2. SIMPLY, change to a job that you will know you will love. Perhaps it might not be as fruitful as your current one, but you will be motivated to work harder since you actually LIKE doing what you do!

BACK

We know it's stressful.

**Even if you like what you
are doing... WORK IS
TIRING!**

**The stress and piles of
work is probably making
what you do less
enjoyable.**

[Click here to continue](#)

BACK

It's never enough.

**We always want to have
the fantastical
“perfect” life.**

**However, this is
unrealistic and not
achievable.**

**Your ideal life should be
the one that maximizes
your happiness.**

[Click here to continue](#)

BACK

Time to start.

**Of course you will be
unsatisfied with your life
if you have never
managed it probably!**

**Began making a plan,
organize yourself, and
get into a good routine.**

BACK

**Determine
which
direction you
came from
and retrace
your steps.**

Still lost?

BACK

**Do you
have a
compass
on you?**

Yes

No

BACK

Connect to wifi/data

**1.determine your
location through
Google Maps etc.**

**Or, call a
friend for help**

**2.Describe your
location to them**

Still lost?

BACK

**Do you have a
charger/porta
ble charging
battery?**

Yes

No

BACK

**Charge
your
phone/com
puter.**

When you've done that:

CLICK HERE

BACK

1. LOVE

You may be loving your job, your life, someone... but how much time have you been putting aside for yourself?

It's harder to juggle other things if we can't even handle ourselves well.

Also when you know yourself well, you will know where you are and won't be lost.

The next steps will guide you through how to help yourself love yourself more.

NEXT

2. Exercise

**Get those endorphins
pumping!**

**Whether it's hitting the gym, or
going on short walk—it doesn't
have to be super intense—
moving will make you feel
better.**

**You will feel more energized and
loosened up (No more back
pain!).**

BACK

NEXT

3. You are what you eat.

**Eat nutritious foods
that actually sustain
you.**

**Cookies taste great, but they are
empty calories. You might be
energized shortly from the
sugar rush, but the crash from it
would make you feel tired.**

BACK

NEXT

4. Sleep

You won't feel you are doing things well, or that you are well if you are tired.

1. Put down your phone before bed.

2. Determine a goal-time to get the hours you need. Sleep 15 minutes earlier than the day before until you are able to sleep at your desired time.

3. Take short naps when you are able.

BACK

NEXT

5. Take breaks

**Don't forget that
you are human,
not a machine.
Being tired is ok.**

- 1. Breaks don't have to be long. Get a cup of tea, look outside a window, and stretch.**
- 2. Pamper yourself! Go see a movie, have a face mask, eat a good meal, or hang out with some friends!**
- 3. Do something that makes you happy (ex. hug your cat)**

BACK

NEXT

6. Me time!

Have some time to center yourself. Do something you like without any other influences.

- 1. This might be a good chance to practice steps 1-5.**
- 2. Meditate. Cleanse your mind of negative thoughts and just relax.**

BACK

NEXT

7. Thank you, next

**If there's someone
toxic in your life, it's
ok to cut them out.**

- 1. You are not being selfish or
mean when you do this.**
- 2. Your time deserves to be
spent on people you love, who
also love you back.**

BACK

NEXT

8. We are human.

It's important to know that we all make mistakes.

- 1. Don't beat yourself for doing something wrong.**
- 2. Forgive yourself.**
- 3. Learn from it. Know why it went wrong and try to avoid it next time.**

BACK

NEXT

**Hopefully, the
person you
asked knows
where you are.**

**Omg they were so helpful! I
know where I am now!**

**Um... they were useless.
They made me more
confused.**

BACK

**Is there anyone
around that
you can ask?**

Yes

No

BACK

**Here's few more ways of
determining your location**

Is there...

A church

A flow of traffic

Visible sun & clouds

A police officer

BACK

Go into a store/business/ hotel and get a business card.

**A business card will usually have
an address on it. It will help you
determine where you are.**

**It's nice to know where I
am...**

**But, I need more things to
determine my location.**

BACK

Feel better?

Guiding yourself back to where you want to be is a difficult process. It takes time, but the end result is worthwhile.

REMEMBER:

Always make sure what you're doing makes you happy, whether it's about you, your relationships, your work, or your life.

I'm good now, thanks!

I want to keep on working on it!

BACK

**You are a great human
bean:) Keep on loving
yourself!**



Go back to start

BACK

Christian churches are mostly built east-west, the main altar faces the east.

Synagogues west of Israel have the Torah Ark on the eastern end, so that worshipper face Jerusalem. You face west if you are east of Israel.

**Traffic usually heads
toward a transport
station. You might be
able to find a ride to
head back to where
you are.**

BACK

If you notice that the sun is rising or setting, you can determine whether you are on the west side or east side.

BACK

**They will help you know
where you are,
determine whether it's
safe for you to go home,
or, escort you home.**

BACK