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Mental Health & Wellness

Description	SEL Areas Addressed	
Dear Family, during the next few weeks advisories are focused on the following topics and objectives:	*	**Self-Awareness**
	*	**Self-Management**
WEEK 6 TOPIC: TEEN STRESS & HEALTHY COPING		**Relationships**
Students Will Be Able To (SWBAT)	*	**Decision Making**
• Understand what stressors teens may face and how that impacts them		**Social Awareness**

	Family Resources Available	
• Identify typical stress response and extreme stress response and how to tell the difference • Learn coping skills to combat stress	10.23	[Stress & Coping](#) \<video\> • Slide 8 YouTube video link: [Fight Flight Freeze – A Guide to Anxiety for Kids](#) • Slide 14 YouTube link: [How to do Progressive Muscle Relaxation](#)
WEEK 7 TOPIC: ANXIETY & DEPRESSION *Students Will Be Able To (SWBAT)* • Define anxiety and depression and the signs and symptoms of each • Differentiate between healthy and unhealthy coping mechanisms	10.30	Mark your calendar for Nov. 5 - Resiliency in Challenging Times: Mental Wellness in a Pandemic, presented by SBISD. [Click here to learn more >](#)
WEEK 8 TOPIC: EMOTIONAL REGULATION *Students Will Be Able To (SWBAT)* • Recognize, acknowledge, and express your emotions	11.6	[Anxiety & Depression](#) \<video\>
• Understand what emotional regulation is • Develop ways to cope with strong emotions	11.15	[Emotional Regulation](#) \<video\>

FAMILY ACTIVITIES

Teen Stress and Healthy Coping Home Activity

[Read and discuss this blog post regarding Mental Health in the Latino community >](#)

Anxiety & Depression Home Activity

[Learn more about Anxiety and Depression, check out this website with videos in English and in Spanish >](#)

Emotional Regulation Home Activity

Review the feelings wheel and talk about what feeling words you both recognize. When do you have these feelings? Are there any feelings you do not recognize? If so, look them up together to build your capacity to discuss emotions you may be experiencing in both joyful times and in sad times.

View wheel on next page >

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A feelings wheel with five emotion categories and their synonyms:

happy — pleased, content, exhilarated, elated, joyous, ecstatic, beaming, excited, cheerful, delighted, thrilled, glad

sad — miserable, melancholy, heartbroken, unconsolable, dispirited, wretched, pathetic, shameful, pitiful, down, depressed, unhappy

angry — mad, irate, crazy, furious, fuming, irritated, irked, enraged, infuriated, insane, deranged, annoyed

scared — nervous, startled, fearful, afraid, petrified, horrified, terrible, chilled, frightened, alarmed, intimidated, panicky