



# High School Graduation:

Taking Care of Your Mental Health

David McHale, LSWAIC - Evergreen Social worker

[illegible]

- ▶ Common Stressors
- ▶ Signs and symptoms
- ▶ Self-care and Preparation
- ▶ Tips and Resources

A word cloud featuring various emotions and feelings. The words are arranged in a dense, overlapping manner. The colors are primarily shades of blue, with some words in a lighter teal or cyan. The font is a serif typeface. The words include: Happiness, Exhaustion, Grief, Sadness, Nostalgia, Anticipation, Unease, Joy, Relief, Fear, Accomplished, Regrets, Panic, Boredom, Love, Confusion, Excitement, Reflective, Anxiety, and Pride. The word 'Accomplished' is the largest and most central, while 'Pride' and 'Anxiety' are also quite large. 'Happiness' is at the top left, and 'Nostalgia' is at the top right. 'Grief' and 'Joy' are in the middle left, while 'Regrets' and 'Love' are in the middle right. 'Boredom' is at the bottom left, and 'Excitement' and 'Reflective' are at the bottom center.

Happiness  
Exhaustion  
Grief Sadness Nostalgia  
Anticipation Unease  
Joy Relief Fear  
Accomplished  
Regrets Panic  
Boredom Love Confusion  
Excitement  
Reflective  
Anxiety Pride

# Common Stressors

- ▶ Fearing the unknown
- ▶ Changing relationships with family and friends
- ▶ Concerns about success
- ▶ Preparing for adulthood



# Signs and Symptoms

- ▶ Sensing a lack of control over your future
- ▶ Feeling unsupported, alone as you venture ahead
- ▶ Perceiving yourself as incapable or as a failure
- ▶ Sleep problems
- ▶ Irritability
- ▶ Avoidance



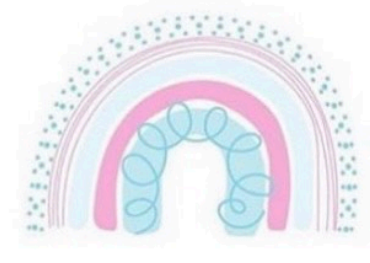
# Coping Strategies

- ▶ Maintain and Form New Connections
- ▶ Maintain and Identify New Interests
- ▶ Forge Your Direction
- ▶ Practice Mindfulness
- ▶ Enlist the Help of a Therapist
- ▶ Identify your resources
- ▶ Know warning signs
- ▶ Understand your health privacy laws

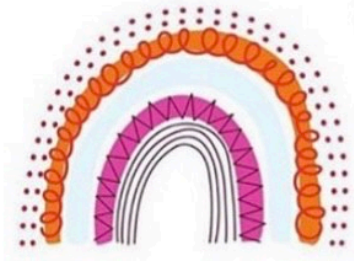
## Self-Kindness Affirmations



“Today I choose not to be hard on myself.”



“It’s okay to make mistakes and I forgive myself.”



“From my mistakes I am learning to grow.”

*@myselflovesupply*



“I accept myself and all aspects of who I am.”

# SELF-CARE IDEAS



Bake your favorite treat!



Have a laugh!



Learn something new!



Color!



Play a board game with a friend!



Listen to music or your favorite podcast!



Travel & explore new places!



Treat yourself!



Love on an animal!



Get some rest!



Celebrate the small wins!



Exercise!



Plant a garden!



Disconnect from the internet!



Strike a yoga pose!



Sit in nature!



Journal!



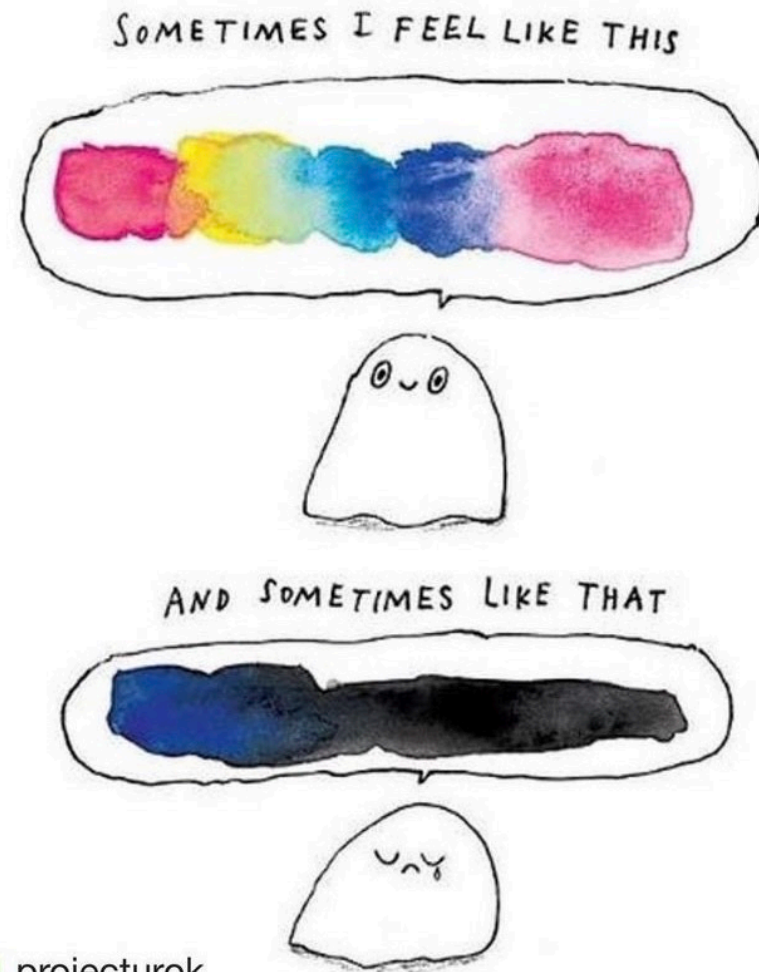
Stay Hydrated!



Read a book!

# Coping Strategies to Avoid

- ▶ Unhealthy Eating habits
- ▶ Substance use
- ▶ Emotional Spending
- ▶ Procrastination and avoidance
- ▶ Social withdrawal



# Resources

- ▶ **notOK**- Free digital panic button to get immediate support via text, call or GPS
- ▶ **Headspace** - Mindfulness app
- ▶ **Jed Foundation**: Promoting emotional health and prevent suicide among college students
- ▶ **National Alliance on Mental Illness (NAMI)** - works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.
- ▶ **Psychology Today** - Search for local providers using your insurance provider, presenting problem, or other criteria

# Crisis Lines

- ▶ **24-Hour Crisis Line:** 866-4CRISIS (1-866-427-4747) or 206-461-3222
- ▶ **Crisis Text Line:** <https://www.crisistextline.org/texting-in> or text HOME to 741741
- ▶ **National Suicide Prevention Hotline:** 1-800-273-8255 or <https://suicidepreventionlifeline.org/>
- ▶ **Teen Link Help Line:** 1-866-TEENLINK (833-6546) by phone 6pm-10pm / by text 6pm-9:30pm every night
- ▶ **Teen Link Chat:** [www.866teenlink.org](http://www.866teenlink.org) from 6pm-9:30pm every night
- ▶ **Substance Abuse and Mental Health Services Administration Disaster Distress Helpline:** 1-800-985-5990
- ▶ **Transgender Suicide Hotline:** 877-565-8860 <https://www.translifeline.org/ab>

YOU  
GOT  
THIS

# Sources

- ▶ <https://www.choosingtherapy.com/high-school-graduation-depression-anxiety/>
- ▶ Berenbaum, H., Bredemeier, K., & Thompson, R.J. (2008). Intolerance of Uncertainty: Exploring its dimensionality and associations with need for cognitive closure, psychopathology, and personality. *Journal of Anxiety Disorders*, 22(1): 177-125. Retrieved from <https://doi.org/10.1016/j.janxdis.2007.01.004>
- ▶ Broderick, P.C. & Blewitt, P. (2006). *The life span: Human development for helping professionals* (2nd ed.). Upper Saddle River, NJ: Pearson Merrill Prentice Hall.
- ▶ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA.
- ▶ McAndrew, T.T. (2016, November). *The perils of social isolation*. Psychology Today. Retrieved from <https://www.psychologytoday.com/us/blog/out-the-ooze/201611/the-perils-social-isolation>
- ▶ Luskin, B.J. (2012, May). *Managing PCSD – “Post-commencement stress disorder.”* Psychology Today. Retrieved from <https://www.psychologytoday.com/us/blog/the-media-psychology-effect/201205/managing-pcsd-post-commencement-stress-disorder>
- ▶ Monroe, H. (2018, May). *How nutrition affects teens’ mental health*. U.S. News & World Report. Retrieved from <https://health.usnews.com/health-care/better/articles/2018-05-10/how-nutrition-affects-teens-mental-health>
- ▶ Peterson, T.J. (2018). *The mindfulness workbook for anxiety: The 8-week solution to help you manage anxiety, worry, and stress*. Emeryville, CA: Althea Press
- ▶ <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Young-Adults/Mental-Health-in-College>