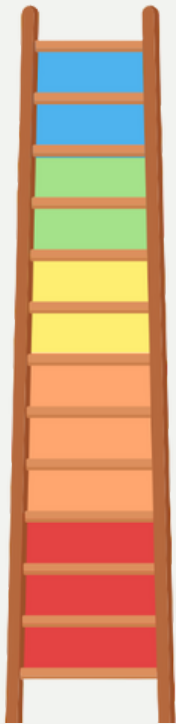


# GUESS WHAT?

## Caring for self and others

The Mood Ladder



**UPSTAIRS: CALM & READY**

PEACEFUL  
ENGAGED  
CALM  
RELAXED

**GO**



I'm feeling good and ready to go.

**MIDPOINT: STRESSED OUT**

ANXIOUS  
OVERWHELMED  
OVERTHINKING  
AGITATED



Ahh! I'm feeling stressed and overwhelmed!

**DOWNSTAIRS: PANIC**

FRANTIC  
OUT OF CONTROL  
SHUTDOWN  
MELTDOWN



Woah!!! I'm freaking out and need to shut down right now!

This month, in an advisory lesson, all students in the district learned about taking care of themselves. They learned about the difference in how their brain operates when they are calm and when they are stressed. The interactive lesson encouraged them to create a self-care plan to help them move from their “downstairs brain” back into their “upstairs brain” (see the *Words to Know* list for details).

### Try it at home

Ask your teen about their upstairs and downstairs brain  
Use "Words to Know" when describing your own experiences

# WORDS TO KNOW

**Downstairs Brain** - The more “primitive” part of our brain. Our downstairs brain holds our emotions. It is responsible for looking out for danger and helps us respond even when there is no immediate threat.

**Emotions/Feelings** - Automatic reactions to situations or events. The core emotions are Joy, Anger, Sadness, Disgust, Fear, and Surprise.

**Fight, Flight, Freeze (FFF)** - Responses to stress. Hormones are released into our bodies and we might: fight the perceived danger, run away from the perceived danger, or freeze to keep us alive (like an animal “playing dead”) . FFF happens when our downstairs brain is in control.

**Mood** - People use interchangeably with feelings and emotions, but is different. Your mood can last longer than an emotion or feeling. It does not have to be related to an event.

**Self-Care** - The empowering practice of actively looking after your own health and wellness.

**Trauma** - An event or circumstance resulting in physical, emotional, or life-threatening harm. It can have a lasting negative effect on physical, emotional, mental and social well-being.

**Trigger** - Anything that reminds us of previous trauma.

**Upstairs Brain** - Our “thinking” brain. Our upstairs brain helps make decisions, think logically, and plan. We can think clearly and focus on our goals when our upstairs brain is in control.

# RESOURCES

Care Solace

1 (888) 515-0595

[www.caresolace.com/FUHSD](http://www.caresolace.com/FUHSD)

County Mental Health

1 (800) 704-0900

**NEW Suicide and Crisis Lifeline**  
Dial 988

**Refer your teen to a school-based mental health professional for help during the school day (8:00a-3:30p):**

Cupertino

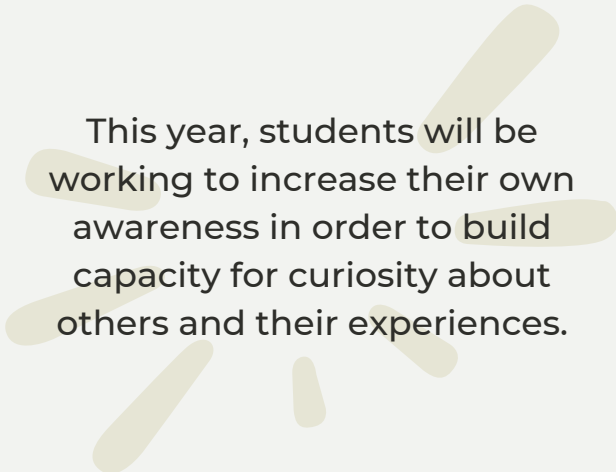
Fremont

Homestead

Lynbrook

Monta Vista

Educational Options



**This year, students will be working to increase their own awareness in order to build capacity for curiosity about others and their experiences.**