

# Building Your Child's Resiliency

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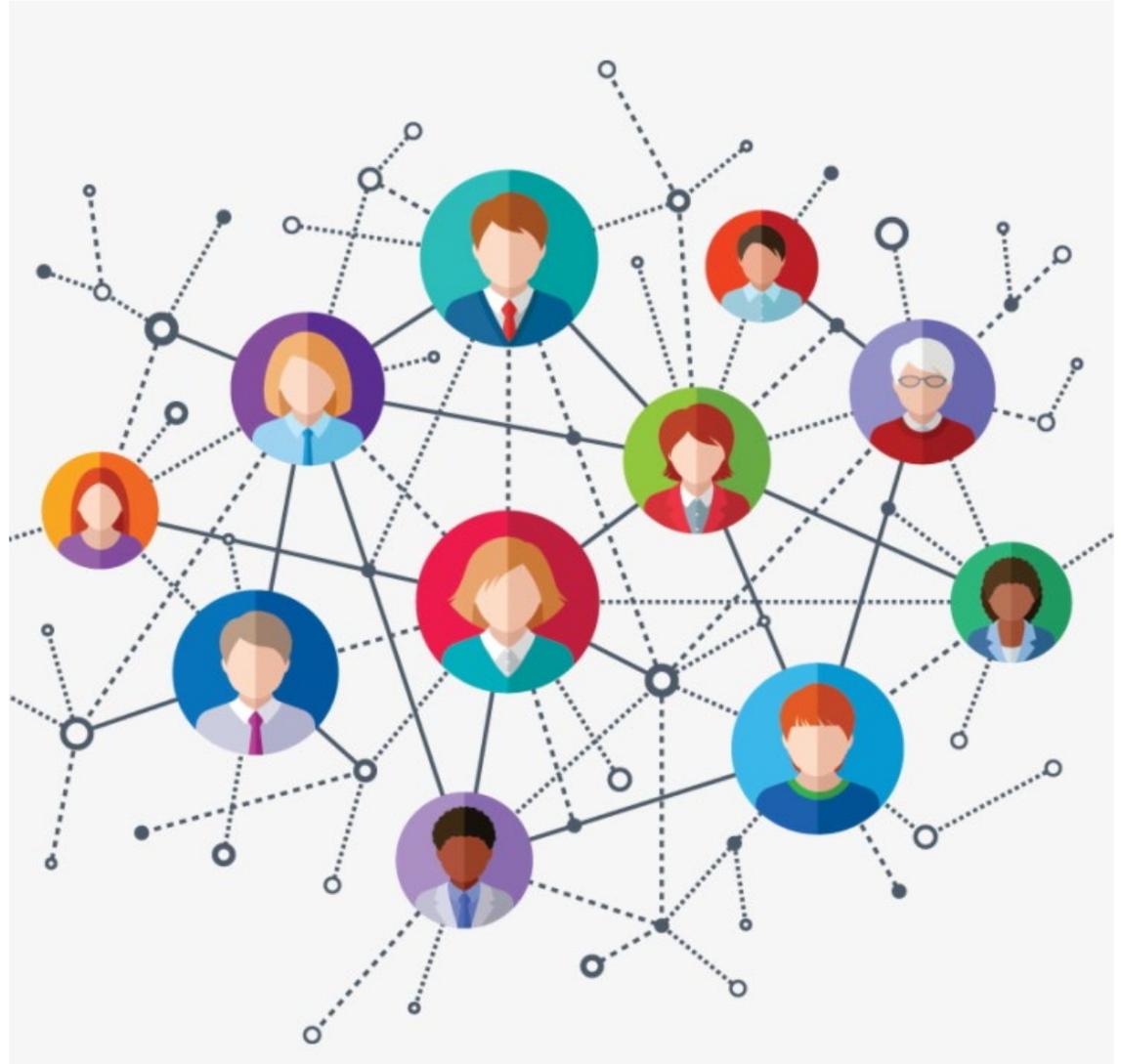




# Work on Your Connections

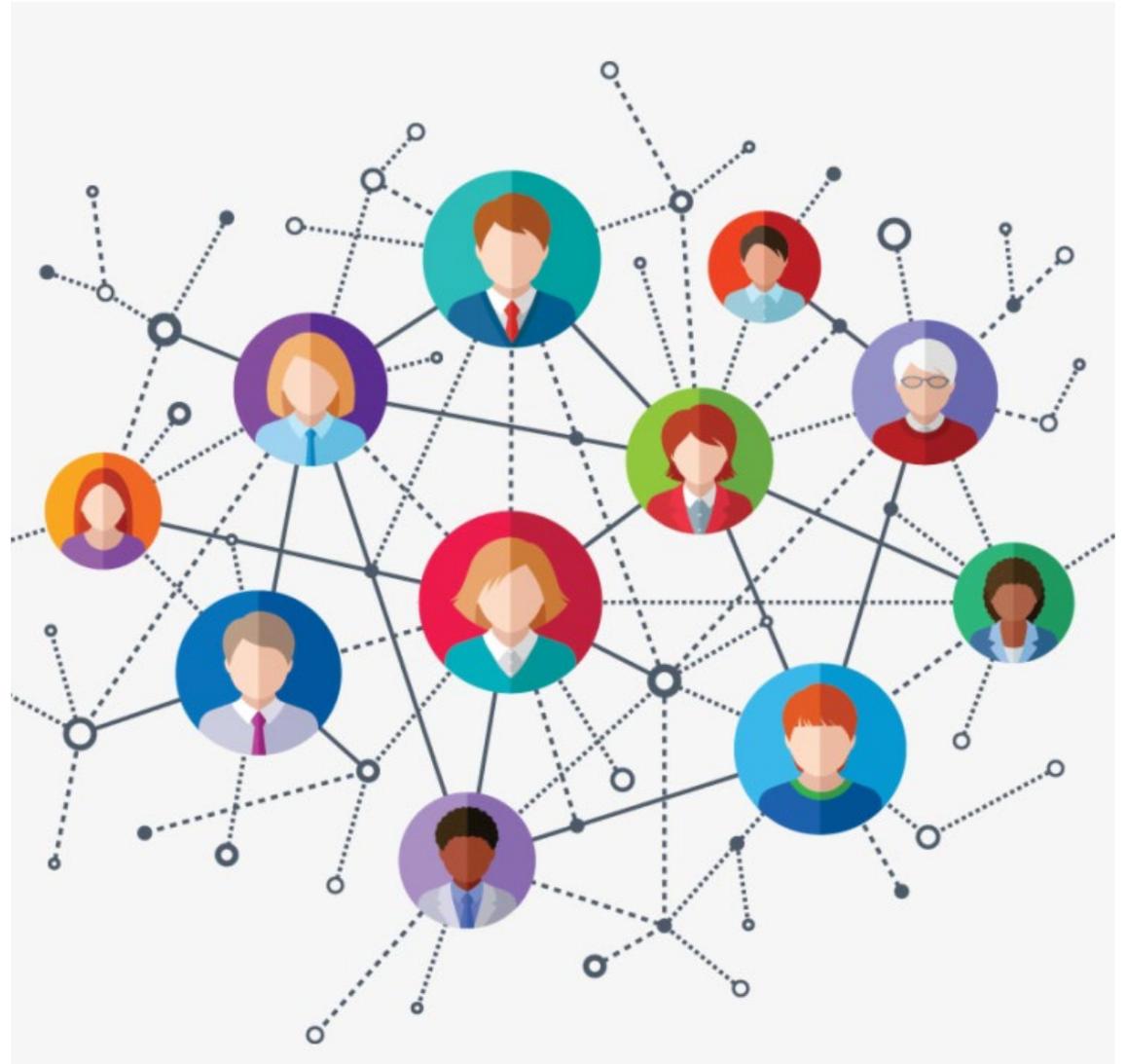
# Webs of Support

- Emotional
- Informational
- Practical



# Webs of Support Activity

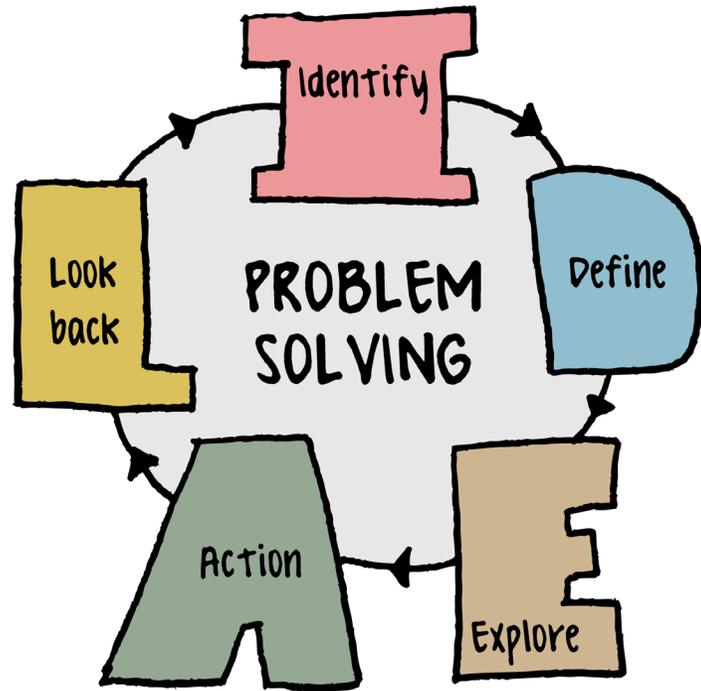
- Identify 3 people that provide you EMOTIONAL support
- Identify 3 people that provide you INFORMATIONAL support
- Identify 3 people that provide you PRACTICAL support



# Encourage Healthy Risk Taking



# Promote Problem-Solving Skills





# Calm Them with Coping Skills

## Challenge Your Thoughts

When thinking this...	Try this instead...
I never do anything right.	That isn't true. I do get things right.
I feel like doing 'x' so I should go do it right now.	I can take time to process my thoughts without reacting first.
I have no control over my reactions.	I can learn to control how I react.
My emotions are who I am.	My emotions are my brain processing info.
Everything will end badly.	What if things work out?
All I do is mess up.	What would my friends tell me?

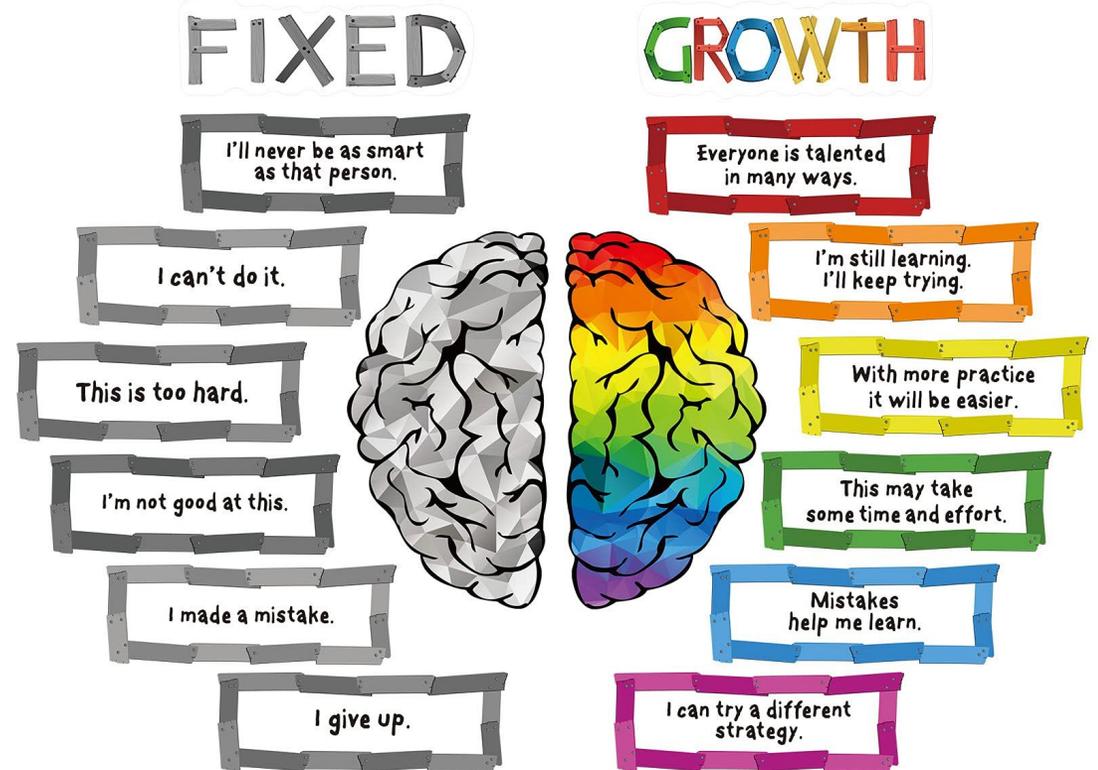
@BlessingManifesting 



# See the Silver Linings



**CHANGE YOUR WORDS;  
CHANGE YOUR MINDSET.**



# Lead By Example



# Stress Busters Activity

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What are some examples of how to model these stress busters?



# Why Try

The Parent Guide to Resilience

# Teen Guide to Mental Health and Wellness

## Teen Guide

### TO MENTAL HEALTH AND WELLNESS



- BLACKLINE**  
 1-800-604-5841 (24/7)  
 Open to anyone, but designed for Black, Black LGBTQIA+, Brown, American Indian, and Muslim communities
- CALIFORNIA WARMLINE**  
 1-855-845-7415 (24/7)  
 A non-emergency resource for anyone seeking emotional support
- CHILD ABUSE HOTLINE**  
 1-800-344-6000 (24/7)  
 If you or a friend is being hurt or neglected
- TEEN LINE**  
 Teen Line's highly trained teen listeners provide support, resources, and hope to any teen who is struggling.  
 Call 800-852-8336 Nationwide (6 p.m. to 10 p.m. PST)  
 Text TEEN to 839863 (6 p.m. to 9 p.m. PST)

- CRISIS TEXT LINE**  
 Text TALK to 741741 to text with a trained counselor for free
- NATIONAL DOMESTIC VIOLENCE HOTLINE**  
 1-800-799-7233 - Text LOVEIS to 22522  
 Resources for teen dating abuse
- NATIONAL SUICIDE PREVENTION LIFELINE**  
 988 (24/7). This is an easy to remember three-digit confidential dialing, texting, and chat code for anyone experiencing a suicidal, substance use, mental health crises or emotional distress.
- THE TREVOR PROJECT**  
 TrevorLifeline: 1-866-488-7386  
 Text TREVOR to 1-202-304-1200  
 TrevorChat: Via thetrevorproject.org
- TRANS LIFELINE**  
 1-877-565-8860 (8 a.m. to 2 a.m. every day)  
 Staffed by transgender people for transgender people in a crisis



## Access

### MENTAL HEALTH RESOURCES AND INCREASE MENTAL HEALTH LITERACY



**VIRTUAL WELLNESS CENTER**  
<https://www.sdcoe.net/students/health-well-being/virtual-wellness-center>  
 This is a safe space to access support, take a break, rest, and refocus.



**FOR TEENS BY TEENS**  
<https://www.sdcoe.net/students/health-well-being/mental-health-supports#fs-panel-33650>  
 Access mental health resources and information created for teens by teens.



**LIVINGWORKS START**  
<https://www.lwyouthsummit.com/>  
 A free 90-minute Online Suicide Prevention Training for middle and high school students (13+).  
 Learn the skills to support friends, classmates, and family.

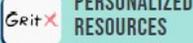
## Personalized MENTAL HEALTH SUPPORTS



**MENTAL HEALTH QUESTIONNAIRE**  
 Wondering how to talk with someone you trust about mental health and wellness? A mental health questionnaire can be a first step. Visit **Mental Health America** to check your symptoms. It's free, confidential, and anonymous.



**A CULTURALLY-AFFIRMING, INNOVATIVE COMMUNITY**  
**Brother Be Well** is a unique platform for boys (13+) and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness.



**PERSONALIZED RESOURCES**  
 Design your own self-care toolkit. This is about you. Your experiences. Your challenges. Your tools to meet them.

## Apps FOR TEEN WELLNESS



**A FRIEND ASKS**  
 Help a friend or yourself who may be struggling with suicide



**SELFSEA**  
 Take a short questionnaire to connect you with personalized support



**VIRTUAL HOPE BOX**  
 Store and view things that give you hope and support



**NOTOK**  
 Digital panic button to get immediate support from your trusted contacts.



**MINDSHIFT**  
 Strategies to help cope with stress and anxiety

# A Young Person's Guide to Wellness

**TAKING CARE OF YOU**

**A YOUNG PERSON'S GUIDE TO WELLNESS**

San Diego County Office of **EDUCATION**  
FUTURE WITHOUT BOUNDARIES

### Videos for Wellness

- Bubble Breathing**  
<https://youtu.be/N3AISJxfZDM>
- Cooling Out Breathing**  
[https://youtu.be/5bcZJlaO\\_8g](https://youtu.be/5bcZJlaO_8g)
- Starfish Breathing**  
<https://youtu.be/a1dgkivX9-A>
- 5 Fingers Breathing**  
<https://youtu.be/67JDaNcX3gE>
- Belly Breaths**  
<https://youtu.be/2PcCmxEW5WA>

### Apps for Wellness

- Mindful Powers**  
<https://mindfulpowersforkids.com>
- Smiling Mind**  
<https://www.smilingmind.com.au/smiling-mind-app>
- Three Good Things**  
<https://darlingapps.com/three-good-things>
- MyLife**  
<https://my.life>

### Strategies for Wellness

- Create a routine or daily schedule:** Include time to wake up and go to bed, meals, screen time, chores or tasks, playtime, hanging out with family, and downtime
- Express how you feel:** Tell or show someone how you feel through writing, drawing, singing, painting, arts and crafts, or music
- Get active:** Get some exercise in every day with a family-friendly exercise video, a scavenger hunt, playing hide-and-seek, building a fort, or making an obstacle course
- Stay connected:** Notice what you are thinking and feeling, and observe what's around you and happening right now.

# SDCOE Virtual Wellness Center

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Thank You!

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