



GUESS WHAT?

The Stories We Tell Ourselves

How do we change the narrative?

Affirmations

Positive statements that can help to challenge negative thoughts

What would you say to a friend?

We are kind and compassionate with our friends

RAIN framework

R- recognize
A- acknowledge/allow
I- investigate
N- Nurture

This month, in an advisory lesson, all students in the district learned ways to re-train their thoughts. They learned that the way we think has a big impact on how we feel about ourselves, and how we perform academically and otherwise. The interactive lesson encouraged them to try one of the *strategies in the image above.*

Try it at home

Ask your teen which activity they tried. Pick a strategy from above; ask your student to help you learn to do it yourself. Model being self-compassionate.

WORDS TO KNOW

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

Change the Narrative – (in this context) embracing the idea of reframing negative thoughts toward a more positive and productive perspective.

Self-compassion - Self-compassion is simply the process of turning compassion inward. We are kind and understanding rather than harshly self-critical when we fail, make mistakes or feel inadequate. We give ourselves support and encouragement rather than being cold and judgmental when challenges and difficulty arise in our lives. Research indicates that self-compassion is one of the most powerful sources of coping and resilience we have available to us, radically improving our mental and physical wellbeing.

Self-criticism - the tendency to engage in negative self-evaluation that results in feelings of worthlessness, failure, and guilt when expectations are not met

RESOURCES

Care Solace

1 (888) 515-0595

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

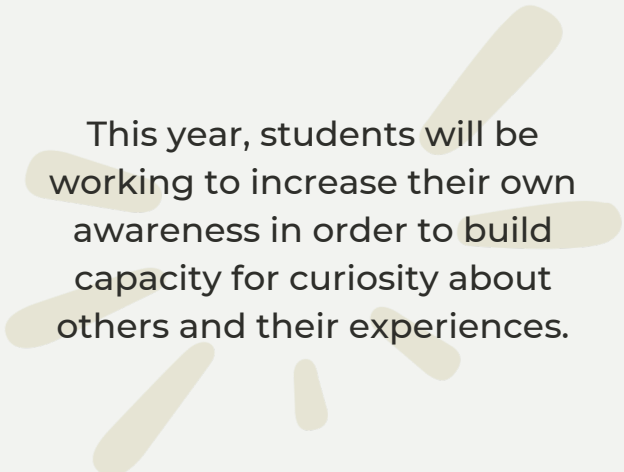
Fremont

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.