



# SOCIAL EMOTIONAL WELLNESS

HEBISD CRISIS INTERVENTION & PREVENTION : JANUARY 2023

## THE TEAM

The Crisis Intervention & Prevention Team addresses mental health concerns to create a safe & supportive school environment for all students. You can submit a referral to our team by clicking **HERE**

**Dr. Carmen Brown, LSSP, LP | Team Lead**  
**817-399-2562**

**Heather Andrews, LCSW | 817-399-2570**

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**817-399-3558**



## MINDFULNESS

Mindfulness is a meditation practice that helps you calm down. It starts with focusing on your breathing. It helps you stay in the present instead of worrying about the past or future. Mindful Based Stress Reduction (MBSR) — defines mindfulness simply as “paying attention in a particular way: on purpose, in the present moment and non-judgmentally.” Mindfulness is a great skill for kids and adults to learn and face daily challenges. Mindfulness has been researched extensively and has proven to help reduce anxiety, increase impulse control and overall wellness. The following are various resources for mindfulness to explore and begin to practice!

1. [Rainbow Relaxation \(Youtube\)](#)
2. [Everyday Mindfulness \(Youtube\)](#)
3. [The Calm Application \(Phone App\)](#)
4. [Why Mindfulness is a Superpower: An Animation](#)



Mind Full, or Mindful?

## How to Stop Negative Self-Talk



Everybody has a voice in their head, a thought that you believe about yourself and believe is true. It can be hard to stop yourself from believing what it's saying and feeling bad about yourself. The good news is that there are ways to learn how to stop negative self-talk!

### Replace negative self-talk with positive affirmations

Positive affirmations are positive statements about yourself. They can be a powerful way to build self-confidence, self-esteem, self-love, and self-respect. Say to yourself these words: "I am strong." "I am good enough." and "I am worthy of love and respect."

### Talk to a therapist or friend

The best way to stop negative self-talk is through medication and therapy. But if you are not yet ready for medication, there are other ways to get help from a therapist. A therapist can help you work through your thoughts in a more structured way than just talking with friends or family. They can give you the tools necessary to change your thinking patterns and make them more positive over time.

### You can learn to stop being mean to yourself

Not only can you do this, but it's also within your control. You have the power to change your thinking, behavior, and habits, which will lead to different ways of feeling about yourself and interacting with others. And all of these changes will lead to a positive impact on your life. The first step is recognizing what's happening inside your mind when you have a negative thought about yourself.

Evidence For Negative Thought

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Evidence Against Negative Thought

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Reframe Of Negative Thought

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# Mental Wellness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>1 Drink 60oz of water.</p>	 <p>2 Sleep for 8 Hours</p>	 <p>3 Hug someone for 12 seconds.</p>	 <p>4 Find your birthday on a calendar.</p>	 <p>5 What do you love about yourself?</p>	 <p>6 Explore an acorn from outside.</p>	 <p>7 Have an indoor picnic.</p>
 <p>8 Complete a deep breathing exercise</p>	 <p>9 Go for a 10 minute walk</p>	 <p>10 Use only dots to create a picture.</p>	 <p>11 Practice a joke to tell a friend.</p>	 <p>12 Say "I Love You" to a family member.</p>	 <p>13 Practice making your bed.</p>	 <p>14 Smile at yourself in the mirror.</p>
 <p>15 Spend some time outside</p>	 <p>16 Take a break from social media</p>	 <p>17 Write down one gratitude</p>	 <p>18 Eat one serving of vegetables</p>	 <p>19 Find a rock from outside to paint.</p>	 <p>20 Learn to say a tongue twister.</p>	 <p>21 Help someone prepare food.</p>
 <p>22 Call someone on the phone.</p>	 <p>23 Do something kind for someone else</p>	 <p>24 Draw your favourite season.</p>	 <p>25 Take a long shower</p>	 <p>26 Listen to your favorite song</p>	 <p>27 Write down one gratitude</p>	 <p>28 Draw a rainbow.</p>
 <p>29 Tell someone about your day.</p>	 <p>30 Do a dance with a family member.</p>	 <p>31 Pick your clothes for the next day.</p>	<h1>2023</h1>			

Click Picture for Printing View

*Resource Shout Out!*

## AN INTEGRATIVE APPROACH TO PHP & IOP BEHAVIORAL HEALTH FOR TEENS

BasePoint Academy is a teen outpatient program specifically designed to address the unique challenges that teens face today in mental health and substance use.

BasePoint Academy's dynamic program was created with today's adolescent experience in mind.

### Arlington Location

3900 Arlington Highlands Suite 237, Arlington, TX 76018  
Phone: 469-747-1797

Video: <https://youtu.be/qqptXSfa9bU>



## Physical Wellness

### Hurst Recreation Center

700 Mary Dr. Hurst, TX 76053  
(817) 788-7325

### Eules Recreation Center

300 W. Midway Dr. Eules, TX 76039  
(817) 685-1666

### Bedford Recreation Center

2801 Forest Ridge Dr. Bedford, TX 76021  
(817) 725-8439