

During our school closure, we wanted to offer **journal therapy** as an alternative to meeting with your school counselor. Journal therapy is a great way to increase self-awareness and insight, promote change and growth, and further develop your sense of self. Through various writing prompts and activities weekly, you can continue to work on goals.

Below are examples of types of Journal prompts you could write about:

1. What has your life been like the last week? What is one thing that went well, and one thing you wish could have gone better?
2. If you could know one thing about the future, what would it be?
3. What is something you feel nervous about right now?
4. What is your happiest memory?
5. What is something that you did that you are proud of?
6. I get mad when...
7. What calms you down when you get mad or upset?
8. If you could travel anywhere in the world, where would you go and why?
9. Choose a poem or a song that you like and read through it very slowly (what do you like most about it? What images come up? What feelings come up?)
10. What is an important lesson I have learned recently?

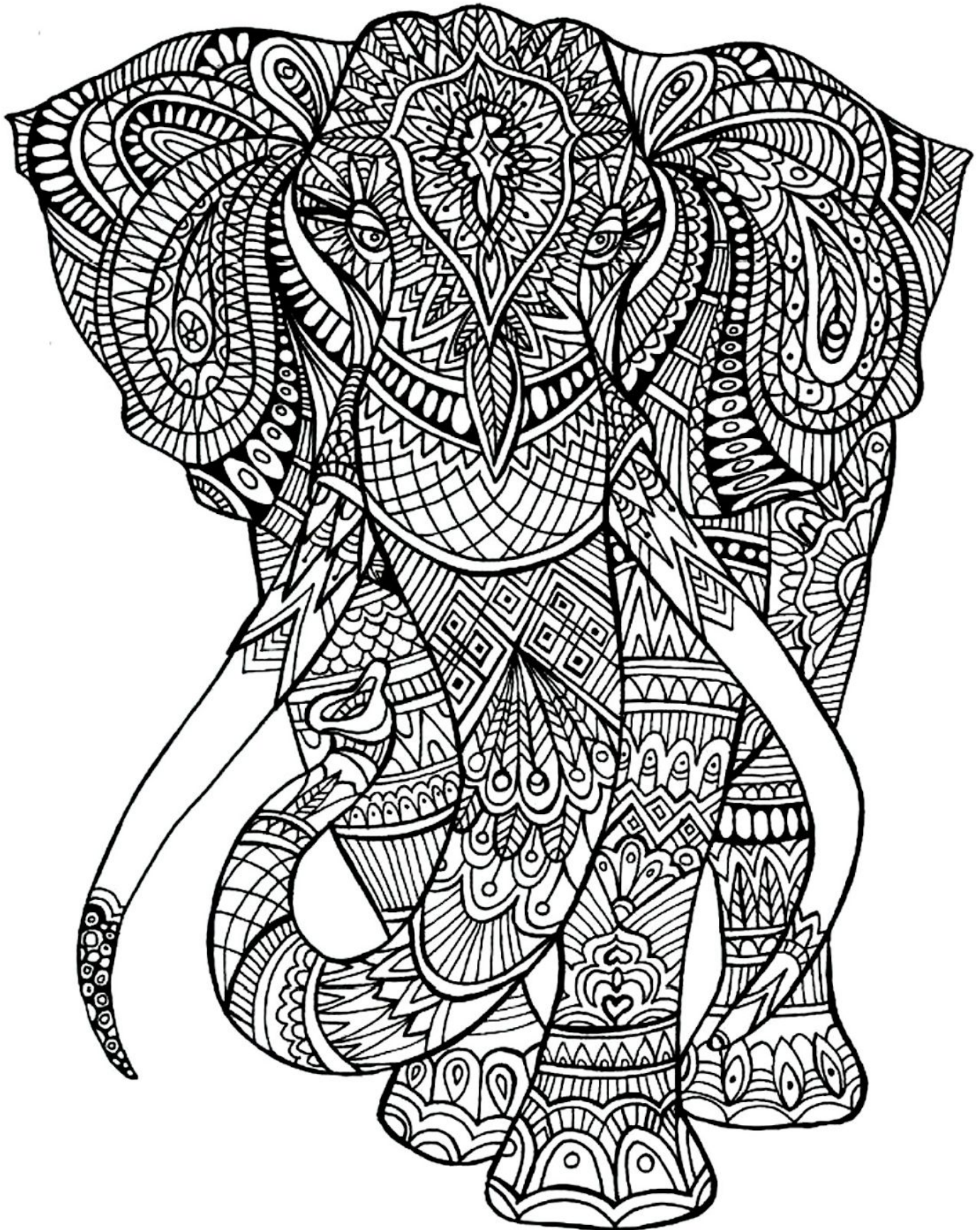
IMPORTANT CONTACT INFO

For Emergencies	911
Dallas Local Non-Emergency Phone Number	(503) 831-3516
School Contact Info	Dallas High School (503) 623-8336 District Office (503) 623-5594
Crisis Support Services of Polk County	(503) 623-9289 Weekdays 8:00 am – 5:00 pm (excluding holidays) (503) 581-5535 or (800) 560-5535
Suicide Hotline	(800) 784-2433 (800-SUICIDE) Oregon Youth Line: 877-968-8491; text “teen2teen” at 839863

School Closure Support Packet

School Closure Safety Plan: How can I take care of myself while the school is closed?

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:	
1.	
2.	
3.	
Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):	
1.	
2.	
3.	
Step 3: People and social settings that provide distraction:	
1. Name:	Phone:
2. Name:	Phone:
3. Place:	Place:
Step 4: People whom I can ask for help:	
1. Name:	Phone:
2. Name:	Phone:
3. Name:	Phone:
4. Name:	Phone:
Step 5: Professionals or agencies I can contact during a crisis:	
1. Clinician Name: NAME	TITLE
Via Text or Phone Call	Phone: PHONE
Times available: Monday, Tues, Weds, Thurs, Friday	Times: 8:00AM - 4:00PM
2. Polk County 24-hour Crisis Line	1 (800) 560-5535
3. Suicide Prevention Lifeline Phone	1 (800) 273-TALK (8255)
Environmental Safety: What I am going to do to stay safe	
1.	
2.	
3.	
4.	
5.	





THE JOURNEY TO WELLNESS

ALPHABET guide to WELLBEING!

ANXIETY IS A NORMAL HUMAN EMOTION. REMIND YOURSELF THAT IT WILL PASS & YOU ARE SAFE.

BREATHE! TAKE TIME EACH DAY TO CHECK IN WITH YOUR BREATH. TAKE LONG, SLOW BREATHS DEEP DOWN INTO YOUR BELLY.

CALMING. CALM & SOOTHE YOUR BODY & MIND WITH A CUP OF CHAMOMILE TEA.

DISTRACTION CAN BE A USEFUL TOOL TO SHIFT YOUR FOCUS AWAY FROM UNHELPFUL THOUGHTS & BEHAVIOURS.

EAT A BALANCED DIET, RICH IN ANTIOXIDANTS & EXERCISE OFTEN.

FRIENDS & FAMILY. SURROUND YOURSELF WITH SUPPORT & PRIORITISE HEALTHY CONNECTIONS & RELATIONSHIPS.

GROUND YOURSELF IN THE PRESENT MOMENT BY TUNING IN TO YOUR SENSES, YOUR BODY & YOUR BREATH.

HEALTHY HABITS. CREATE POSITIVE DAILY RITUALS OF SELF-CARE.

INNER CRITIC. GET TO KNOW YOURS & LEARN TO KEEP IT IN CHECK WITH SELF-COMPASSION.

JOURNAL. WRITE OUT YOUR FEELINGS, THOUGHTS, FEARS, GOALS & DREAMS TO HELP YOU PROCESS THEM.

KEEP CLEAR BOUNDARIES FOR YOURSELF & OTHERS. IT'S OKAY TO SAY 'NO'.

LAUGH. FIND TIME FOR FUN. LET YOUR HAIR DOWN. KEEP IT LIGHT & FIND THE HUMOUR IN LIFE.

MINDFULNESS. OBSERVE YOUR THOUGHTS & EMOTIONS WITHOUT JUDGEMENT. BE PRESENT.

NAME YOUR EMOTIONS. ACKNOWLEDGE THEM WITHOUT JUDGEMENT.

OBSTACLES PROVIDE YOU A CHANCE TO LOOK FOR OPPORTUNITIES & OPTIONS FOR GROWTH.

PLAN & PRIORITIZE. KEEP LISTS OR SCHEDULES & DON'T OVERLOAD YOURSELF. BOOK-IN DOWN TIME & SELF-CARE.

QUIET. GIVE YOUR MIND & SENSES A BREAK. TURN OFF & TUNE OUT.

REST! IT'S OKAY TO DO NOTHING SOMETIMES. PUT YOUR FEET UP, GRAB A CUPPA & READ A BOOK.

SLEEP. IT'S SO IMPORTANT TO GET ENOUGH SLEEP EACH NIGHT. PRIORITIZE A SOOTHING WIND-DOWN ROUTINE BEFORE BED.

TECHNOLOGY FREE TIME. SPEND TIME EACH DAY AWAY FROM YOUR SCREENS, ESPECIALLY BEFORE BED.

UNIQUE. YOU ARE THE BEST AT BEING YOU. TRY NOT TO COMPARE YOURSELF WITH OTHERS.

VALERIAN CAN BE A GREAT NATURAL WAY TO HELP ANXIETY, STRESS & SLEEP.

WATER. MAKE SURE YOU ARE DRINKING ENOUGH WATER EACH DAY - NOT JUST IN COFFEES!

XAMINE YOUR UNHELPFUL THOUGHTS & CHALLENGE THEM. REMEMBER, NOT ALL THOUGHTS ARE TRUE!

YOGA. TUNE IN TO YOUR BODY, NOTICE WHERE YOU FEEL TENSION. HONOUR THIS MIND-BODY CONNECTION.

ZERO TOLERANCE FOR THINGS IN YOUR LIFE THAT DON'T HONOUR YOUR WORTHINESS.

FEELING OVERWHELMED

INSTEAD OF:

I CAN'T DO
THIS. I CAN'T
COPE WITH
THIS FEELING.

TRY:

I NOTICE I AM
FEELING-----
THAT'S OKAY.
THIS WILL PASS.

@journey-to-wellness-



@journey-to-wellness

"THE WORRY LIST"

- a tool for anxiety -

HOW TO:

①. SET A TIMER FOR 10 MINS
& WRITE DOWN YOUR
WORRIES & STRESSES AS
BULLET POINTS.

②. WHEN THE TIME IS UP, GO
THROUGH EACH POINT & MARK WHETHER
THE WORRY IS SOMETHING WITHIN YOUR
CONTROL, OR OUT OF YOUR CONTROL.

IN YOUR CONTROL?

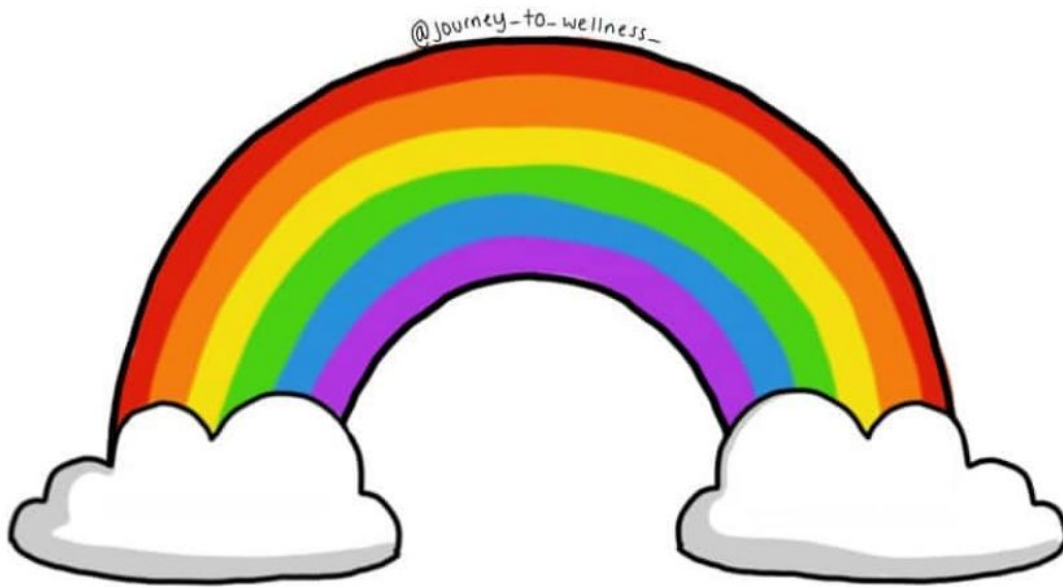
SET YOURSELF SOME
'HOMEWORK' AROUND
FINDING WAYS TO
RELIEVE OR RESOLVE
THESE WORRIES.

OUT OF YOUR CONTROL?

WRITE OUT AGAIN ONTO
ANOTHER PIECE OF PAPER.
BURN IT! (SAFELY!) WHILE
SAYING OUTLOUD "I
ACKNOWLEDGE THIS WORRY
IS OUT OF MY CONTROL &
I CHOOSE TO LET IT GO."

@journey-to-wellness-





I TRUST THAT I ALREADY HAVE EVERYTHING
I NEED WITHIN ME TO HEAL.

I AM THE AUTHOR OF MY STORY, IT IS UP TO ME
TO WRITE THE NEXT CHAPTER.

Self-Care for Teens



Self-care is when you take time to do things to improve your mental, physical, and emotional health. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

Take a Break

As a teen, you probably have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. All of these responsibilities can be overwhelming. It can be helpful to try making your schedule lighter by taking a break from certain stressful activities, if you are able to. Even going out with friends can be stressful. Sometimes, you can just say "no, thank you", and spend time on your own.



Do Your Favorite Things

When's the last time you did something fun? Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't done in a while. Make a plan to do the things on your list soon!

Disconnect

Sometimes it can be helpful to put down the phone and get away from social media for a little while. Always being on social media can have a negative impact on your mood. Instead, think of things that you can do that don't require electronics. What are you able to come up with?

Re-examine Your Friend Group

Do you have friends that stress you out or that always try to involve you in their drama? This can be harmful to your mental and emotional health. Make sure you are surrounding yourself with people that make you feel happy most of the time. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

Take Care of Your Body

Your physical health is very important in your ability to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals. Stay away from unhealthy habits such as drugs, alcohol, or other harmful substances. It can be damaging to your mind and body and can also lead to addiction.



COPING STRATEGIES



EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

COPING STRATEGIES



EXAMPLES OF COPING STRATEGIES:

- | | |
|---------------------------------|---|
| 63. Draw cartoons | 82. Cook or bake |
| 64. Read a magazine | 83. Plan a fun trip |
| 65. Write a thank you note | 84. Use an I-statement |
| 66. Count to 100 | 85. Identify your emotions |
| 67. Make a list for the future | 86. Express your feelings to someone |
| 68. Read inspirational quotes | 87. Write down your thoughts |
| 69. Compliment yourself | 88. Identify a positive thought |
| 70. Visualize a stop sign | 89. Make your day's schedule |
| 71. Laugh | 90. List 10 positives about you |
| 72. Smile in the mirror | 91. Ask yourself, "What do I need right now?" |
| 73. Smile at others | 92. Tell someone you are thankful for them |
| 74. Do schoolwork | 93. Pet an animal |
| 75. Look at animal pictures | 94. Make a list of choices |
| 76. Hyperfocus on an object | 95. Ask an adult for help |
| 77. Notice 5 things you can see | 96. Organize something |
| 78. Paint with water colors | 97. Play a card game |
| 79. Use a relaxation app | 98. Listen to nature sounds |
| 80. Watch a funny video | 99. Sit and relax all your muscles |
| 81. Drink some tea | 100. Ask for a break |