

MENTAL HEALTH NEWSLETTER

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SOURCES OF STRENGTH

IDENTIFYING AND USING YOUR STRENGTHS

Sources of Strength is a nation-wide mental wellness program that is strengths-focused, student-run, and evidence-based. The Sources of Strengths model asks students to identify the strengths they can use to deal with the three “big emotions,” anger, sadness, and anxiety(fear).

Each piece of the circle above represents the areas into which a strength might fall.

Orange - Family Support

Yellow - Positive Friends

Green - Mentors

Blue - Healthy Activities

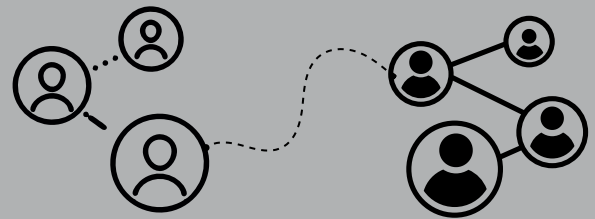
Gray - Generosity

Purple - Spirituality

Teal - Physical Health

Red - Mental Health

Participating in healthy activities, taking care of physical and mental health, practicing generosity or spirituality, and connecting with friends, family, and trusted adult mentors are all ways students can cope with anger, sadness, and anxiety.



Our goal is to use school-wide campaigns to promote all strengths, but especially those relating to connecting peers to one another and connecting students to trusted adults at school and at home.

HOW CAN YOUR TEEN GET INVOLVED?

This is a school-wide program. Each month, the SOS team will plan and carry out school-wide campaigns meant to help every student learn to identify and use their strengths. Please encourage your child to participate in our campaigns, even if they are not a selected Peer Leader.

Sources of Strengths Peer Leaders are selected by the the adult advisors who a part of the program. Over the next few school years, we will grow the program to involve up to 100 Peer Leaders.

CONVERSATION STARTERS

These are questions for parents to ask teens in order to start a conversation about strengths.

- Which of your achievements are you most proud of? How did you make those things happen?
- What is something you do well? Why do you think you do well with that (practice, natural ability, interest)?
- What strengths do you possess? How do you use your strengths to overcome struggles?