

What are you grateful for?

Take a few minutes and practice some mindful gratitude.

Relax, take several deep breaths, and think of five to ten things you are grateful for. Picture these things in your mind, and write them below.

Name _____

What Is Mental Health?

Mental health refers to your social, emotional, and psychological well-being. Just as it's important to take care of your physical health, it's also important to take care of your mental health.

While your mental health can be impacted by some things you can't control, you can control how well you look after your mental health.

Why take care of your mental health?

Your mental health affects how you feel day-to-day.

When you're feeling calm, happy, and confident, you get more joy out of life. On the other hand, if you're feeling sad, angry, or anxious, regular day-to-day life can be a struggle. How would you describe your mental health today?

Your mental health affects your relationships.

Your relationships with family, friends, and classmates are all impacted by how you feel. If you're upset, unhappy, or feeling down, building and maintaining relationships is much more difficult. Do you currently consider your relationships to be healthy?

Your mental health affects your success.

Whether it's success in school, your career, or achieving a goal you've set, you're more likely to succeed when you're in a good place mentally. Has your mental health ever affected your success in either a positive or negative way?

Think about it

Write about a time your mental health helped or hindered your ability to reach a goal—or about a time your mood/emotions affected your relationship with another person (for better or for worse).

Feeling Lonely?

Everyone feels lonely sometimes. It's normal. But feeling lonely is no fun, particularly when it lasts for an extended period of time. When that happens, know that there are ways to feel better. Here are some ideas.

Help someone else. Helping others can make you feel good about yourself and lessen feelings of loneliness.

What are some ways you can help others?

Use positive self talk. Rather than focusing on the negative, fill your thoughts with encouraging, positive messages.

Write some positive, encouraging messages to yourself below.

Connect with others. Join online groups on topics you're interested in, write to a penpal, or catch up with relatives over e-mail.

What are some ways you can connect with others?

Finding Your Calm

What does calm mean to you? Relaxed? Quiet? Anxiety-free? Peaceful? Stress-free?

These activity pages go through some of the most effective ways to help you find your calm, whatever that might be.

As you go through these activities, be positive and open-minded, even if you're skeptical about this meditation and mindfulness stuff. Anything that will help you relax and deal with stress is worth a try!

What do you do to help you feel calm? (Check all that apply.)

☐ Listen to soft music

☐ Read a book

☐ Sit in my room

☐ Watch TV

☐ Other _____

☐ Take a walk

☐ Play with a pet

☐ Take a bath

☐ Be in nature

Use deep breathing and visualization to find calm.

Deep breathing

Find a comfortable place to sit, close your eyes, and relax your body. Breathe in deeply, and slowly count to four. On four, slowly release your breath. Then repeat. *Deep breathing is an easy, effective way to help you feel calm and relaxed.*

Visualization

Close your eyes and imagine a relaxing scene, adding as many details as you can. Even better, pair your visualization with deep breathing.

Name _____

What Can You Control?

When you figure out how to focus on the things you can control—and let go of the things you can't control—you will feel calmer and more at peace.

In the square below, make a list of some of the things in your life that you can't control or change. In the circle, make a list of what you *can* control. A couple examples have been provided for you.

Things I can't control

what other people do
what others think

Things I can control

my attitude
how I treat others

While there will always be things you can't control, you can control your thoughts and attitude. For tips on how to maintain a positive attitude and enjoy life more, watch this short video.



VIDEO

Positive Affirmations

What is a positive affirmation?

A positive affirmation is simply a short phrase you repeat to yourself that brings you to a place of calm. You can use your affirmation when you're feeling stressed, upset, distracted, or when you're meditating or practicing mindfulness. Here are some examples. Circle the ones that resonate with you.

I am enough. I am doing my best. I can do this.

I am grateful. I believe in me. I am loved.

I am in charge. I am calm. I am strong.

I am proud of myself. Today will be great.

I am not afraid. I can take care of myself.

I am beautiful. I can rise above. I am blessed.

Which of these affirmations resonate with you?

Choose at least one affirmation that is meaningful to you. Write it below, say it in your mind, and keep it with you. If none of the above affirmations speak to you, write one of your own.

“Make your heart like a lake with a calm, still surface and great depths of kindness.” Lao Tzu