

Mental Well Being

You cannot take care of anyone else, if you do not take care of yourself FIRST!



101 Self-Care Activities For Kids And Teens

Cook A Good Meal

Snuggle up in a warm blanket

Shower or take a bath

Craft Something

Take a Nap

Get some fresh air

Drink a glass of water

Watch Inspirational Movies

Follow daily routines with a calendar

Laugh

Make self-care a priority

Use positive self-talk to challenge negative thoughts

Eat Healthy Food

Swim

Research a subject of interest

Draw or paint

Watch a favorite show

Join a club / sport

Save your money

Read a Good Book

Problem solve

Eat three meals each day

Garden

Spend Time In Nature

Complete a daily to-do list

Move Your Body

Star

Practice SELF-COMPASSION

Play brain games

Rest

Spend Time With a Friend

Make a gratitude list

Pray

Read Inspirational Quotes

Learn New Things

Be kind to yourself and others

Focus on what you can control, let go of what you can't

Stretch

Take alone time when you need it

Share Your Feelings with someone

Set and work toward goals

Focus on strengths and improve your weaknesses

Use positive coping skills

Unplug From electronics

Go to the park

Practice self-love

Get good sleep

Listen to music

Say positive self-care affirmations such as:

- I can be kind to myself
- I accept and love myself
- I respect myself and others
- Let go of what I cannot change
- I forgive myself for my mistakes
- I strive to get better, not perfect
- I learn from mistakes and failures
- I can do anything I put my mind to
- It's okay to ask for help when I need it
- One bad day does not make me a bad person
- Every day in every way, I am getting better and better

Help others or volunteer

Brush Your Teeth

Exercise

Do yoga

Spend time with positive people

Mindfulness

Play With A Pet

Forgive yourself and others

Take time to relax

Lie outside & look for shapes in the clouds

Discover your passions

Practice Optimism

Go for a walk

Go out in the sun

Meditate

Do something fun

Practice good hygiene

Write notes to people you love

Be active

Encourage yourself

Spend time with your family

Do a puzzle

Practice stress management techniques

Run around outside

Maintain a positive attitude

Journal your thoughts / feelings

SMILE

Dance

Deep Belly Breathing

Run around outside

Play a game with friends

Forgive yourself and others

Write out your values

Call a friend or family member

Listen to instrumental music

Drink tea or hot chocolate

Clean or organize your room/backpack

Make your bed

Do a hobby

Happiness Mindsets : Optimism, Gratitude, Growth Mindset

A mindset is a thought, belief, or mental attitude that guides how you feel, how you act, and how you interact with others. Three key happiness mindsets are Optimism, Gratitude, and Growth Mindset. You can choose your mindset on a daily basis.



OPTIMISM MINDSET

Optimism is having a positive viewpoint of the world even during difficult situations. Ways to develop an optimistic mindset :

- 1) Focus your mind on your goals, and keep looking for ways to accomplish them.
 - Write out 5 goals you would like to accomplish in the next 1-6 months. Take one step in the direction of your goals every day.
- 2) Surround yourself with positive people, watch positive shows, read positive material, and immerse yourself in things that are encouraging and uplifting.
- 3) Go to bed expecting the best for the following day.
 - Read your goals before you fall asleep, and when you wake up each morning.
- 4) Seek the valuable lesson, and look for the good in every problem or difficulty.
 - Ask yourself, "What can I learn from this situation?" Remind yourself that every experience is an opportunity to learn and grow. Tell yourself, "Something good will come from this."



Gratitude is being thankful and appreciative for the things you have, or the things that are going well for you in your life. Ways to develop a gratitude mindset :

- 1) Enjoy the little things in life.
 - Take 5-10 minutes each day to go for a walk and notice as many positive things around you that you can.
- 2) Keep a gratitude journal.
 - Write down 3-5 things you are thankful for, or that went well for you each day.
- 3) Recognize what other people do for you. Show appreciation by saying thank you, or doing nice things for others.
 - If someone helps you, pay it forward by helping someone else.

GROWTH MINDSET



When you have a growth mindset you accept challenges, and persevere through frustration. Having a growth mindset helps you feel happier and calmer because you know you have control over your future success.

Instead Of Thinking ...

I can't do this.



I'm not good at this.



This is too hard.



I made a mistake.



They are better at it than I am.



I don't know how.



I will never be that smart.



I give up.



Think This ...

I can try a different strategy.

What can I learn to get better at this?

This may take some time and effort.

Mistakes help me learn.

What can I learn from them?

I can learn how.

I will learn how to do this.

I'll try a different way.

STRESS MANAGEMENT : COPING WITH STRESS

Stress is a normal body response that we feel when we have ...

... an important



... an



9 Scientifically Proven Stress Management Coping Skills

1) Stop And Breathe



Take a few minutes to stop and breathe deeply. Inhale deeply, feeling your stomach expand. Close your eyes and keep your attention focused on your breath.

2) Positive Attitude



Keeping an optimistic outlook turns stressors into opportunities. Use self-talk to replace negative mental responses to stress with positive ones such as "Everything is going to work out" or "I know I can do it."

3) Progressive Muscle Relaxation, Stretching, Or Self-Massage Neck or Shoulders



4) Find A Person You Trust To Talk To



If you don't have anyone to talk to, play some music you enjoy.

5) Engage In Physical Activity Or Exercise Daily



Get outside in Nature, and get moving. Exercise is scientifically proven to boost mood, improve sleep, sharpen focus, and reduce stress.

6) Yoga, Meditation, And Mindfulness



Research suggests that these three techniques help reduce stress hormones, and increase positive brain chemicals that help manage stress.

7) Help Others



Research suggests that proactively doing things for others, even small things like holding a door open, can help you cope with daily stressors

8) Take A Time Out



Stepping away for just 10 mins can help clear your head. Turn off Tech, Slow Down, and Manage Your Time Well.

9) Make Sure Your Sleep Is Pleasant And Restful



Circle Of Control

We cannot control the weather. We do not go out in stormy weather and scold the wind and the rain. Instead, we build a roof and windows on our home. In a similar way, instead of getting upset at the world or other people around us, we can develop our inner strength and resilience to defend against stressful situations. We do this by focusing on the things we can control, while learning to accept and let go of the things we cannot control.



Things I Can't Control . . .



How Others React To Us



How Others Feel



The Weather



World Problems