

Coping Strategies

1. Expressive Writing:

- Write your thoughts and feelings down regularly. Writing can serve as a therapeutic outlet, helping you to process emotions and gain clarity on issues you are facing.

2. Mindfulness and Meditation:

- Practice mindfulness techniques, such as deep breathing, body scans, or guided meditation. These practices can help you stay grounded, reduce anxiety, and improve overall well-being.

3. Physical Activity:

- Engage in regular physical exercise, whether it's through sports, dancing, yoga, or simply going for a walk. Exercise releases endorphins, which can boost mood and reduce stress.

4. Creative Outlets:

- Exploring your creative interests, such as painting, drawing, writing poetry, playing music, or crafting. Creative activities provide a sense of accomplishment and can be a form of self-expression.

5. Healthy Lifestyle Habits:

- Promote healthy habits like getting enough sleep, eating nutritious foods, and staying hydrated. A well-nourished body is better equipped to cope with stress and maintain mental wellness.

6. Seeking Social Support:

- Reach out to friends, family members, or trusted adults when you are feeling overwhelmed. Social support can provide validation, perspective, and a sense of belonging.

7. Setting Boundaries:

- Establish healthy boundaries in your relationships and activities. Learning to say no when necessary and prioritizing self-care is essential for maintaining balance and preventing burnout.

8. Positive Self-Talk:

- Challenge negative thoughts and cultivate a more positive mindset. Replace self-critical thoughts with affirmations and reminders of your strengths and accomplishments.

9. Mindful Technology Use:

- Develop healthy digital habits by setting boundaries around screen time and prioritizing offline activities. Limiting exposure to social media and digital devices can reduce feelings of comparison and FOMO (fear of missing out).

10. Seeking Professional Help:

- It's okay to ask for help from a therapist, counselor, or mental health professional when needed. Therapy provides a safe space to explore emotions, learn coping skills, and develop resilience.

Supportive Contacts Worksheet

Name: _____

Date: _____

Instructions:

Think about the people in your life who you can turn to for support during difficult times.

List their names and contact information below. Consider including family members, friends, teachers, counselors, or other trusted individuals. Remember, it's okay to reach out for help when you need it.

Tips:

1. Include people who you feel comfortable talking to about your feelings and concerns.
2. Prioritize individuals who have shown empathy, understanding, and non-judgmental attitudes.
3. Make sure to have a mix of contacts who are readily available and accessible through different communication channels.
4. Review and update your list regularly as your relationships and support network evolve.

5. Name:

- **Relationship:**
- **Phone Number:**
- **Email/Other Contact:**
- **Reason for Support:**

6. Name:

- **Relationship:**
- **Phone Number:**
- **Email/Other Contact:**
- **Reason for Support:**

7. Name:

- **Relationship:**
- **Phone Number:**
- **Email/Other Contact:**
- **Reason for Support:**

8. Name:

- **Relationship:**
- **Phone Number:**
- **Email/Other Contact:**
- **Reason for Support:**

9. Name:

- **Relationship:**
- **Phone Number:**
- **Email/Other Contact:**
- **Reason for Support:**

Remember: You are not alone, and there are people who care about you and want to help. Don't hesitate to reach out when you need support or someone to talk to.

Emergency Resource Worksheet

Name: _____

Date: _____

Instructions: In case of an emergency or crisis situation, it's important to know who to contact and where to turn for help. Fill out the following information with emergency contacts and resources that you can reach out to when needed.

1. Emergency Services:

- 911 (Emergency Number):
- Local Police Department:
 - Phone Number:
 - Address (if available):

2. Crisis Hotlines:

- National Suicide Prevention Lifeline:
 - Phone Number:
- Crisis Text Line:
 - Text "_____" to:
- Local Crisis Hotline (if available):
 - Phone Number:

3. Hospital or Urgent Care Center:

- Nearest Hospital or Urgent Care Center:
 - Name:
 - Address:
 - Phone Number:

4. Mental Health Resources:

- Therapist or Counselor:
 - Name:
 - Phone Number:
- School Counselor or Mental Health Services:
 - Name (if applicable):
 - Phone Number:

5. Supportive Adults or Trusted Individuals:

- Parent/Guardian:
 - Name:
 - Phone Number:
- Teacher, Coach, or Mentor:
 - Name:
 - Phone Number:

Tips:

- Keep this worksheet in a safe and easily accessible place, such as your phone, wallet, or backpack.
- Memorize important phone numbers or save them in your contacts for quick reference.
- Practice reaching out to these resources beforehand, so you feel more comfortable using them during an emergency.
- Don't hesitate to seek help if you're in crisis or need support. There are people who care about you and want to help.

Positive Self-Talk Worksheet

Name: _____

Date: _____

Instructions:

Positive self-talk involves using affirming and encouraging statements to challenge negative thoughts and beliefs. Fill out the following sections with positive statements that you can use to boost your self-confidence and resilience.

1. Identify Negative Thoughts:

- Write down any recurring negative thoughts or self-criticisms that you often experience.

2. Challenge Negative Thoughts:

- For each negative thought, challenge it with a positive and empowering counter-statement. Reframe the negative thought into a more constructive and compassionate perspective.
- *Example:*
 - Negative Thought: "I'm not good enough."
 - Positive Self-Talk: "I am capable and deserving of success. I have unique strengths and talents to offer."

3. Create Affirmations:

- Generate affirmations that reinforce your worth, strengths, and potential.

These affirmations should be personalized and resonate with you on a deep level.

- *Example Affirmations:*

- "I am worthy of love and respect just as I am."
- "I am resilient and can overcome any challenges that come my way."
- "I believe in myself and my ability to achieve my goals."
- "I am enough exactly as I am, and I am constantly growing and evolving."

4. Practice Positive Self-Talk:

- Commit to practicing positive self-talk daily, especially when faced with difficult situations or self-doubt. Repeat your affirmations aloud or in your mind to reinforce positive beliefs about yourself.

5. Reflection:

- Reflect on how practicing positive self-talk makes you feel. Notice any shifts in your mood, confidence, or mindset as you incorporate more positive affirmations into your daily life.

Tips:

- Be gentle and patient with yourself as you adopt positive self-talk habits. It takes time and practice to change ingrained thought patterns.
- Use your positive affirmations as a tool to challenge self-limiting beliefs and cultivate self-compassion.
- Surround yourself with positive influences, such as supportive friends, uplifting music, or inspiring quotes, to reinforce your positive mindset.
- Incorporate positive self-talk into your daily routine, such as during morning affirmations, before bed, or whenever you need a confidence boost.

Remember: You have the power to shape your thoughts and beliefs. By practicing positive self-talk, you can cultivate a more resilient and empowered mindset that enables you to thrive and embrace life's challenges with confidence.

