




MENTAL HEALTH THRIVAL KIT


4-7-8 BrEaThing TechNique

This is a breathing exercise that can be done anywhere, anytime to aid in stress reduction, grounding, and sleep.





Take a deep breath and...

5. Name **Five** things you see around you. 

4. Name **Four** things you can touch around you. 

3. Name **Three** things you hear. 

2. Name **Two** things you can smell. 

1. Name **one** thing you can taste. 

GrOunDing wITh YoUR Five SenSeS

Today, I am grateful for_____

Today, I am feeling _____

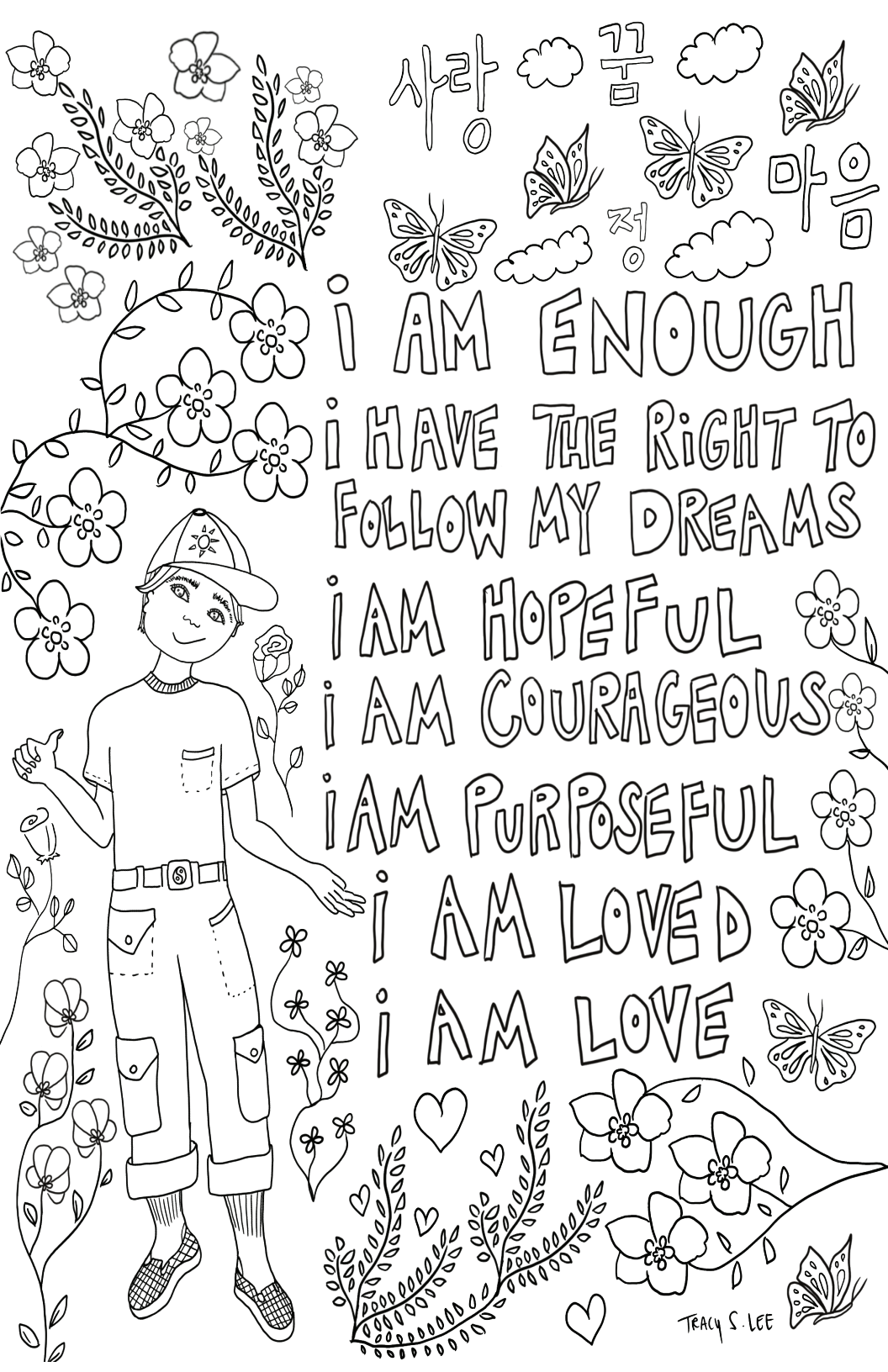
Today, I am grateful for_____

Self Affirmation

We all want to make others proud of us, but navigating pressures from family members, cultural expectations, and societal norms can wear us down. When this happens, it's important that we build ourselves back up. Self-affirmations remind us of our worth, defend against stress, and can help us weather difficult circumstances.

Self-affirmations should be authentic to you and your beliefs. Think of some statements you can use to remind yourself of your strengths and abilities, as well as what you are grateful for or working toward. Focus on these statements regularly – such as every morning or before bed – but especially when you need to ground yourself or shift your mindset. (You can also use the examples below as inspiration if you're not sure where to start.)

- ☺ I am enough and am loved by friends and family.
- ☺ I believe in myself and will reach my goals.
- ☺ I have come so far already and will keep improving myself each day.
- ☺ My life is full of potential, and I am grateful for the opportunities in front of me.



사랑

꿈

마음

정

i AM ENOUGH

i HAVE THE RIGHT TO
FOLLOW MY DREAMS

i AM HOPEFUL

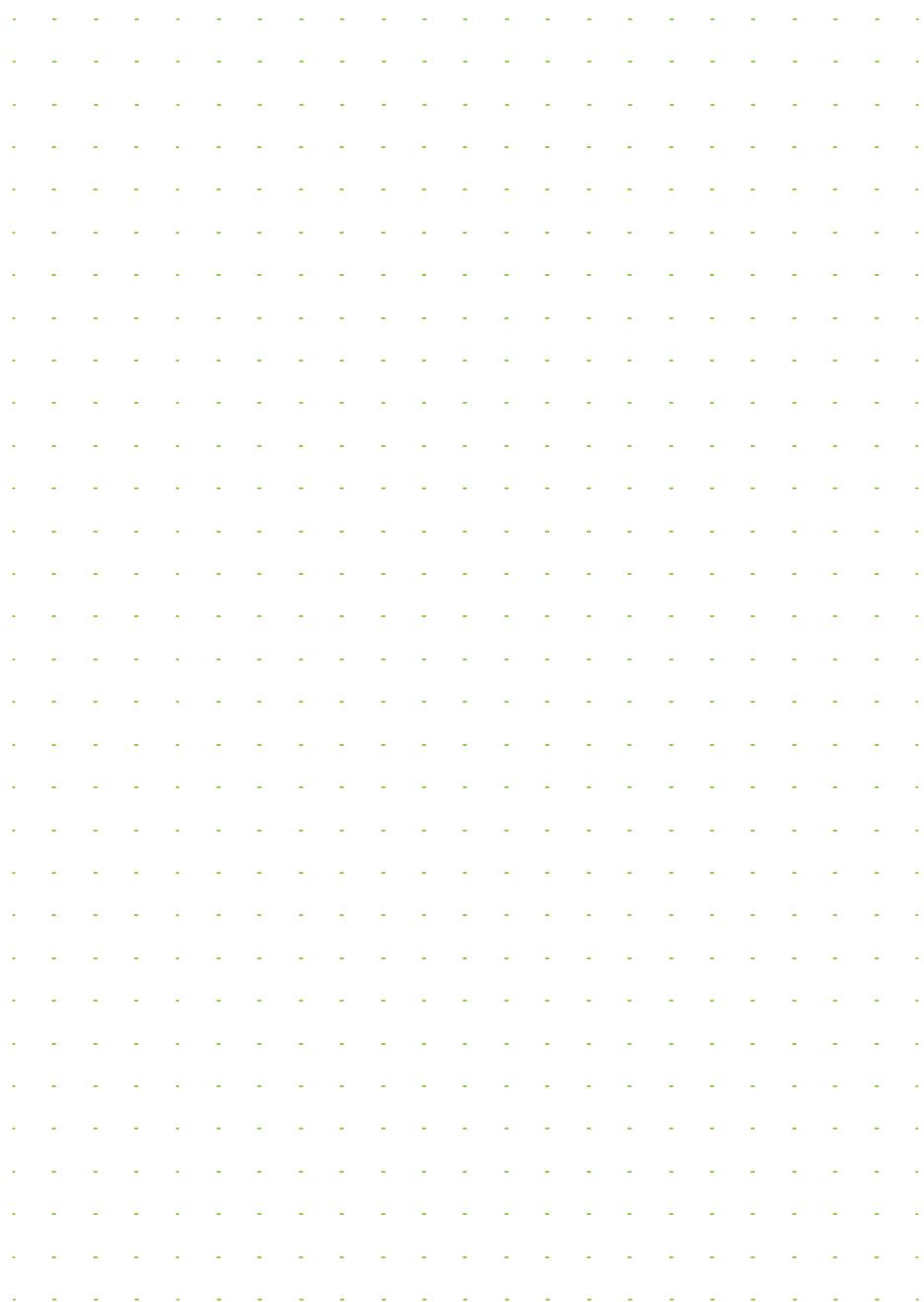
i AM COURAGEOUS

i AM PURPOSEFUL

i AM LOVED

i AM LOVE

TRACY S. LEE



Today, I am grateful for _____

Today, I am grateful for _____

Both mental health and physical well-being factor into our overall productivity and focus. Self-care helps us check-in with ourselves, recharge and can even improve cognitive function and problem-solving. Investing in self-care reminds us of our value and helps us be the best version of ourselves we can be!

Ways to Cope that work for ME

Buy or Pick
Some Flowers
(and smell them!)

Make Some Music

Drink a comforting
beverage



Write
or Read
Poetry



Write down one thing
you are thankful for



Watch the
Stars

Watch the Clouds

do 20
Jumping
Jacks

Turn **OFF** all
ELECTRONICS

Take
deep
Belly
Breaths

Time how long
you can balance
on 1 leg

Move twice
as slow



Visualize a
Peaceful Place

Talk
to
Someone

Puzzles

Take a
Shower or
Bath

Journal



10 9 8 7 6 5 4 3 2 1
Close your
Eyes and count
Backwards

Clean,
declutter,
organize

Touch
Something
Soft

Drink
water



Walk or
Sit Still in
Nature

EXERCISE

Read



Draw,
doodle,
Paint,
or
Color



Play with
Slime

Write a kind note
to someone



Rest your
feet



Youth Suicide Warning Signs



Talk to a trusted adult or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss or change.

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or changes in behavior, such as:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

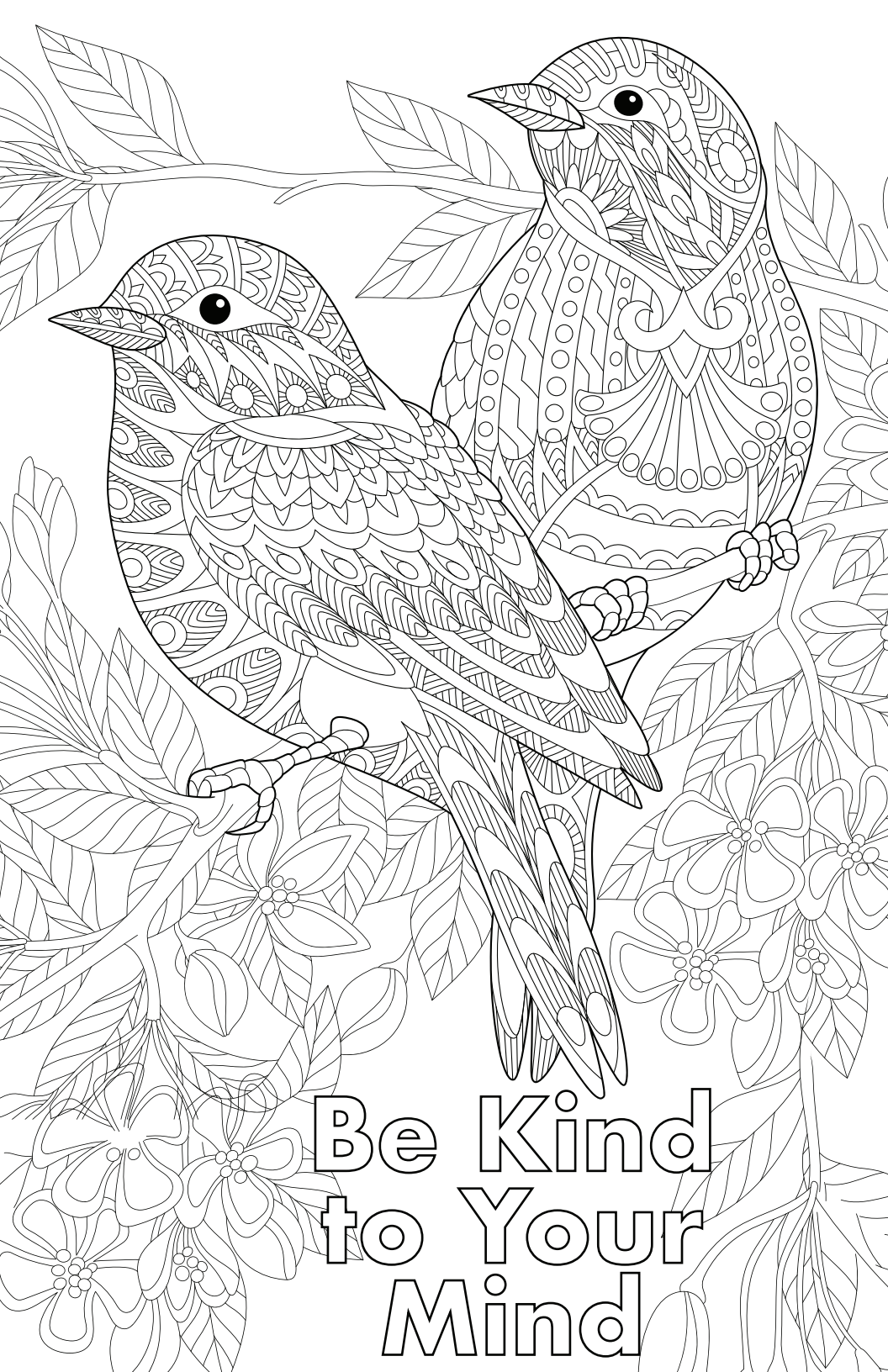
*If you are concerned about someone, reach out and ask:
"Are you thinking about suicide?"*

You're not alone. If you need help or are concerned for someone else, **call or text 988** to reach the Suicide & Crisis Lifeline (24/7).



Today, I am grateful for_____

Today, I am grateful for_____



Be Kind
to Your
Mind

Today, I am grateful for _____

Resources:

Teen Line (A Program by Didi Hirsch):

Call **1-800-852-8336** (from 6 p.m. to 10 p.m. PST)

Text **TEEN** to **839863** (from 6 p.m. to 9 p.m. PST)

Offering anonymous support for teenagers by phone, text or email.

Crisis Text Line:

Text **HOPE** to **741-741**

Connect with a crisis counselor 24/7 to receive high-quality text-based mental health support and crisis intervention.

Suicide & Crisis Lifeline:

Call or text **988**, or chat **988lifeline.org**. Trained counselors are available 24/7 to offer support.

Trans Lifeline:

Call **877-565-8860**

A 24/7 lifeline run by and for trans people, providing direct emotional and financial support to trans people in crisis.

The Trevor Lifeline:

Call **866-488-7386**

Provides 24/7 crisis intervention and support to lesbian, gay, transgender and questioning (LGBTQ) young people ages 13 to 24.

Create. Compete. Save Lives.

Youth Creating Change is a non-profit organization dedicated to placing young people's voices and creativity at the center of suicide prevention and mental health programming. Our mission is to educate young people about mental health, suicide prevention and other critical health and social justice issues through the creation of art and film projects; to facilitate healing and belonging through creative expression, and to support schools and communities through curriculum, trainings, and awareness activities in creating safe spaces where young people feel seen, heard, and supported in reaching out for help.

YouthCreatingChange.org



YOUTH CREATING CHANGE



Directing Change
Program & Film Contest

