



IPAHINGA ANG IYONG ISIP THRIVAL KIT

4-7-8 BREATHING TECHNIQUE

This breathing exercise can help with stress and even sleep. Breathe in for a count of 4, hold for 7 seconds, and then breathe out for 8 seconds. Repeat!



Take a deep breath and name...
Huminga ng malalim at ipangalan...

5 things you see around you.
mga bagay sa iyong paligiran.



4 things you can touch around you.
mga bagay ng pwedeng hawakan.



3 things you hear.
bagay na naririning.



2 things you can smell.
mga bagay na naaamoy.



1 thing you can taste.
bagay na maari mong tikman.



GROUNDING WITH YOUR FIVE SENSES

Today, I am grateful for _____

Ako ay buong pusong nagpapasalamat

Today, I am feeling _____

Ngayon, ang aking pakiramdam

ISULAT MO!

Write It Out!

Tandaan na may maraming paraan upang ipahayag ang iyong sarili at ang mga damdamin: pwede kang gumuhit, magsulat ng tula, mag-bullet journal at higit pa. Narito ang ilang mga opsyon para makapagsimula. Halika na.

Remember that there are different ways to express yourself and your feelings: you can draw, write a poem, bullet journal and more. Here are some prompts to get you started. Let's go.

- ☺ Ano ang kailangan ko ngayon?
What do I need right now?
- ☺ Sino ang kinakausap mo kapag may problema ka?
Who do you talk to when you have a problem?
- ☺ Ano ang tatlong bagay na nagpapagaan sa iyong pakiramdam kapag ikaw ay nalulungkot?
What are three things that make you feel better when you are feeling down?
- ☺ Ano ang pinakamagaling mong panaginip? Isipin na kahit anumang bagay ay pwedeng mangyari!
What is your wildest dream? Imagine anything is possible!
- ☺ Kailan ka huling tumulong sa isang kapwa tao, anong naramdaman mo?
When was the last time you helped someone, how did it make you feel?

Submit narratives, poems and art for prizes:

HopeandJustice.art

Ipahinga Ang
Iyong Isip



Let Your
Mind Rest

Today, I am grateful for _____
Ako ay buong pusong nagpapasalamat

Ako ay buong pusong nagpapasalamat

[illegible]

Today, I am feeling _____
Ngayon, ang aking pakiramdam

Lined area for writing the response.

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?"

Whatever you're going through, you're not alone. If you're in pain or concerned for someone else, call or text **988**, or chat **988lifeline.org** to reach the Suicide & Crisis Line (24/7). You can also visit **suicideispreventable.org** for more information.

Mga Babala sa Pagpapakamatay ng Kabataan

Makipag-usap sa pinagkakatiwalaang tao o makipagugnayan sa taong inaalala mo kung napansin mo ang isa o higit pa sa mga babalang ito, lalo na kung may bagong pag-uugali, o may nauugnay sa isang masakit na kaganapan, pagkawala o pagbabago.

1. Pinag-usapan o gumagawa ng planong magpakamatay
2. Pagpapahayag ng kawalang pag-asa sa kinabukasan
3. Pagpapakita ng matinding emosyonal na sakit o pagkabalisa
4. Pagpapakita ng nakakabahalang mga pag-uugaling pahiwatig o pagbabago sa paguugali, katulad ng:
 - Pag-aalis sa o pagbabago sa mga taong koneksyon/situwasyon
 - Mga pagbabago sa pagtulog (sobra o kulang)
 - Kagalitan na wala sa karakter o wala sa kontekst
 - Nadagdagang pagkabalisa o pagkamayamutin

Kung nag-aalala po kayo tungkol sa isang tao, makipag-ugnayan at magtanong:

"Iniisip mo bang magpakamatay?"

Anuman ang iyong pinagdadaanan, hindi kanag-iisa. Kung ikaw ay may sakit o nag-aalalapara sa ibang tao, tawagan o mag-text sa **988**, o makipag-chat sa **988lifeline.org** para abutin ang Suicide & Crisis Line (24/7). Maaari mo ring bisitahin ang **suicideispreventable.org** para sa mga impormasyon.

*Habang may buhay,
may pag-asa.*



*While there is life,
there is hope.*

Today, I am feeling _____
 Ngayon, ang aking pakiramdam _____

Ngayon, ang aking pakiramdam

Today, I am grateful for _____

Ako ay buong pusong nagpapasalamat

May Makakatulong Sa Inyo

Someone Is There to Help You

Teen Line:

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. No problem is too small, too large, or too shocking for the trained Teen Line volunteers.

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:

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:

866-488-7386

The Trevor Project is the leading national organization providing 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

SAMA SAMA TAYONG LAHAT

We Are All Together

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

This journal was adapted for the Filipino community in partnership with Search to Involve Philipino Americans (SIPA) Youth Leaders and Giovanni Ortega.
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YOUTH CREATING CHANGE



Directing Change
Program & Film Contest

