







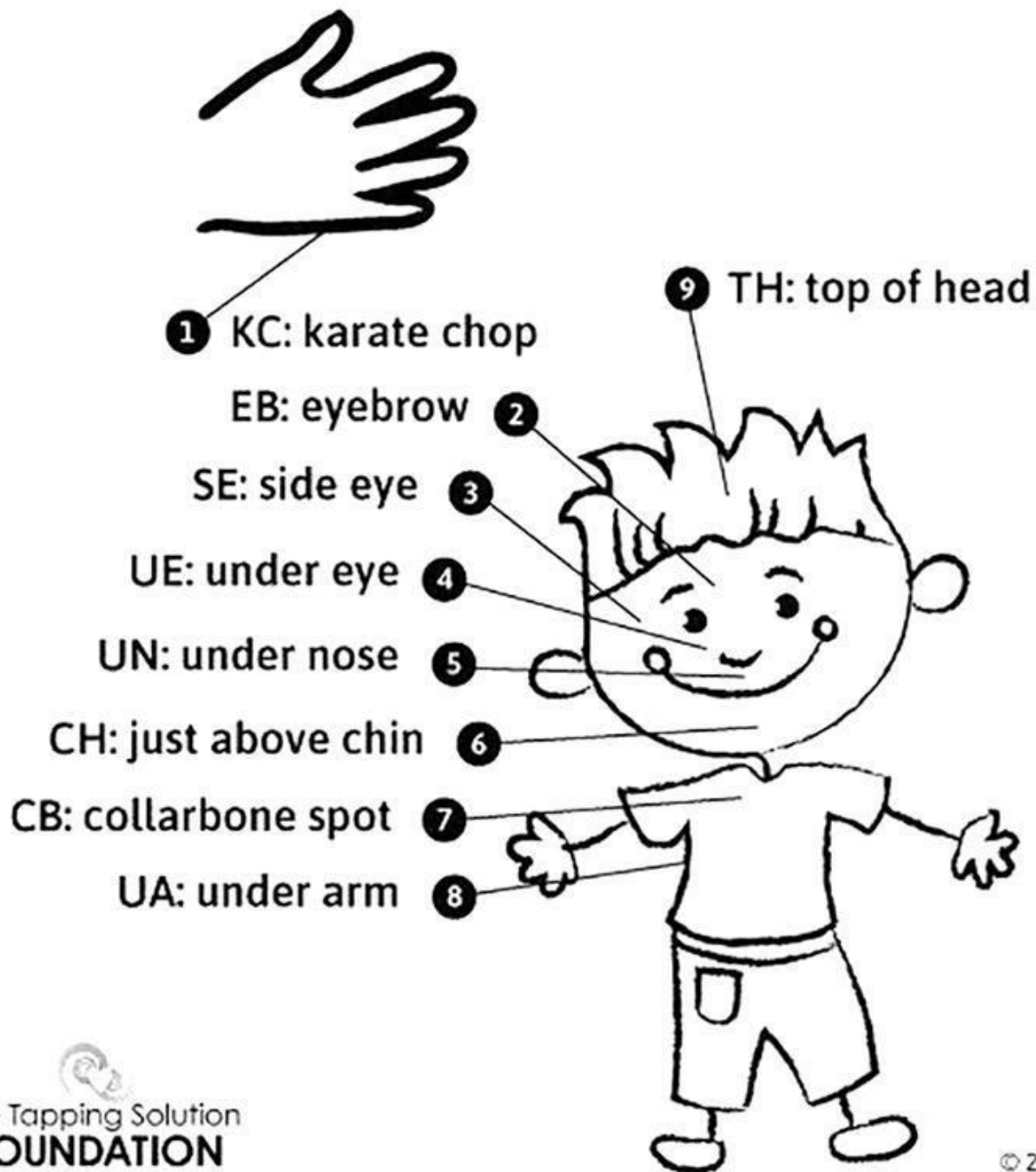
Mental Health, Week of April 13

These are strategies for calming mind and body when you're experiencing stress or intense thoughts and feelings. Try to complete five or more this week. You are not required to turn anything in.

We'd love to have you share pics or video of your activities to the Brownsburg Middle School Health/PE Twitter page [@BburgHPE](#).

<p>4-8-8 Breathing: Inhale through nose for 4 counts, hold for 8, exhale for 8. Repeat.</p>	<p>Sit in Child's Pose for two minutes.</p> 	<p>Walk outside or look out window for five minutes. Count how many different colors you can see.</p>	<p>Text a positive message to a friend or family member.</p> 	<p>Run as hard and fast as you can, for at least 30 seconds, then follow with a walk.</p>
<p>Read 1-2 chapters of a book.</p> 	<p>Mindful minute: Sit quietly. Use senses to notice as much as you can about your surroundings: listen, observe, breathe in, feel.</p>	<p>Invite your family to sit together for a meal. Bonus points if you help prepare the meal!</p>	<p>Push hard against something that won't move, like a wall, to use up muscle tension.</p>	<p>Search for funny jokes and videos online. Try: cat jump fails, fainting goats, America's Funniest, magic tricks.</p>
<p>Ask a friend or family member what they do to deal with stress. Teach them a new strategy!</p>	<p>Write a note to deliver to someone in a nursing home and have a family member drop it off.</p>	<p>Squeeze or punch a pillow.</p> 	<p>Draw/write a positive chalk message on a sidewalk or driveway.</p>	<p>Write a thank you note or email for a teacher, coach, family member, or community member.</p>
<p>Make tight fists and squeeze all the muscles in your arms and shoulders for 20 seconds, then release and shake it out.</p>	<p>Make a positive poster or colorful hearts to hang in a window.</p>	<p>Find scrap paper, junk mail, or cardboard and tear it up. Make sure to throw away your mess!</p>	<p>Follow an exercise routine from a video.</p>	<p>Do an active chore, like vacuuming, sweeping, scrubbing, handwashing dishes, pulling weeds.</p>
<p>Made a music playlist for yourself.</p> 	<p>Gently tap your fingertips 30 times on each of your pressure points (see pic below).</p>	<p>Organize a family game night- inside or outside. Bonus if you create your own game!</p>	<p>Learn how to practice meditation and breathing on KidsHealth.org.</p>	<p>Create a dance to your favorite song.</p> 








Tapping: Gently tap your fingertips on the following locations, about 30 times each, while breathing deeply. Repeat if needed.
This helps calm the nervous system and bring you out of the stress response.












Mental Health, Week of April 20

These are strategies people use for developing *resilience* (ability to recover with minimal harm) to changes and challenges in the world around us. **Read through the strategies, and pick a few to try or improve this week.** You are not required to turn anything in, but *the more you practice, the better you will feel.*

Your teacher is still working and wants to support you! Email or text through Remind and I'll do what I can to help. I'd also love to have you share pics or video of what healthy things you're trying to the [Brownsburg Middle School Health/PE Twitter](#) or Instagram pages @BburgHPE.

Technique	How to Do It (Try it, then rate how helpful it might be for you.)	Rating (scale of 0 to 10)
Positive playlist 	Make a music playlist that brings your spirits up and motivates you. These should be uplifting, positive songs. Examples: The Rocky Theme Song, Don't Stop Believin', Best Day of My Life, Happy, Shake It Off, Walking on Sunshine. Listen to this playlist when you're feeling down!	
Routines 	Try to keep to regular daily routines. This will help things seem normal and productive. It will also help your sleeping patterns and making sure you eat regularly. Example: "I will wake up at 8 am and eat breakfast. At 2 pm I will take an exercise break. My bedtime will be 11 pm."	
Regular exercise 	We know there are health benefits of exercise (disease prevention, better sleep, weight management, etc.), but many don't know that physical activity has been shown to be effective in treating mild to moderate symptoms of depression and anxiety. Even brisk walking can lift your mood, release calming chemicals in your brain, reduce physical and emotional pain, promote memory and learning, and distract you from things that are bothering you.	
Mantra or "one word" 	Choose some encouraging phrases such as, "It might be tough but you've got this," or "You are stronger than you know." Some people even choose one word to focus on such as calm, confident, or peace. When you feel stress creeping in, focus on that word or phrase and repeat it inside your head. Some people even close their eyes and imagine that word or phrase being typed or handwritten.	
Gratitude wall 	This could be personal or family activity. It is a dedicated space where everyone takes time together to reflect on things they are thankful for and remember them visually: printed photos, words cut out from magazines, written lists and drawings, cards from loved ones, items from memories together.	
Define your fears 	Write or type out a list of your worries. Sometimes just getting them out of your head and onto paper can be helpful. Decide how much is within your control, and make note of what you can do to help the situation or keep you feeling better. Then, make a choice to LET IT GO. (Some people even like to tear up their worry list into tiny pieces and throw it away). Worrying keeps you from fully experiencing joys in life. Decide to put your fears and worries aside, and focus on what you have control of now. You will regret time spent worrying; you will be glad for the times you walked away from it.	
Perspective 	Make a list of all the things you HAVE that have not been affected by current situations. For example, family, shelter, your health, education (ability to read, etc), food, clean water, indoor plumbing, electricity, ways to connect with friends and family through phone and other means. When you're feeling frustrated by things that have changed or that you can't have right now, look back at this list and try to add one item. Bonus: look at what you could do to help others who have less than you.	
Technique	How to Do It (Try it, then rate how helpful it might be for you.)	Rating (scale of 0 to 10)

<p>Journal</p> 	<p>Write out your thoughts, or make a video journal, to help you think through your challenges and discover patterns and solutions. Questions you might ask yourself include: What were highlights of my day? What did I struggle with? How did I feel? What did I do (or might I try next time) to cope? What might I do differently tomorrow? What am I looking forward to? What have I learned about myself?</p>	
<p>Sleep practice</p> 	<p>During the day, expose yourself to as much natural light as possible and avoid spending time in your bed during the day. During the day, practice feeling awake: brushed teeth, daytime clothes, up and moving. Set a specific bedtime, and turn off all electronics an hour in advance. Plan a bedtime routine including hygiene, quiet activity like reading or listening to relaxing music, warm milk or tea. At night, practice winding down and feeling sleepy. If you wake up or can't sleep during the night, get up and do something quiet (no screens) until you feel sleepy again before returning to bed. You should get 8-10 hours of sleep each night.</p>	
<p>Growth mindset</p> 	<p>When you find yourself focusing on failures and weaknesses, try to look at each challenge as an opportunity to grow and expand your brain. Your brain has learned to do SO many skills, but it takes practice to teach your brain how to do new things well. If something hasn't gone well, look to see how others are doing it well, ask questions to learn how to do it better, and keep trying. Celebrate your progress, but know that anything worth achieving WILL TAKE HARD WORK and PRACTICE.</p>	
<p>Celebrate success</p> 	<p>Let your family and friends know what you have achieved, make a video of your achievement, or post to the @BburgHPE Twitter/Instagram. "I jogged a mile without walking today!"</p>	
<p>Reframe</p> 	<p>Challenge your brain to find a different way of looking at your situation. Try to find the positives of being quarantined and finishing school at home. For example, replace "I have to stay at home instead of hanging out with my friends," with "I'm learning some ways to have fun with my family, and I can still reach out to my friends in other ways." Another example: replace "There's nothing to do," with, "Now I have time to learn new skills like cooking/baking."</p>	
<p>Time management</p> 	<p>Set limits on activities that could waste your day or make you less productive: video games, TV, social media. Make time to work on at home learning assignments and chores so you are not overwhelmed with lots of things to do later.</p>	
<p>Healthy diet</p> 	<p>Try to cut sugar out of your daily meals and cut back on snacking. Half of your daily food intake should come from vegetables and fruits, to keep your brain and body feeling good. Stay away from fatty foods and caffeine. Try some "good mood" foods, such as fish, bananas, or nuts, that are known to boost overall brain health and energy levels.</p>	
<p>Counseling</p> 	<p>If you're not feeling better after self-care and talking out your feelings with loved ones, you could reach out to one of our guidance counselors at school (they're still working!). You might also consider asking a parent about professional counseling. Look on the Hendricks County Resource Guide for local support groups or mental health/counseling.</p>	
<p>Give yourself some grace</p> 	<p>Everyone has bad days. Remember that this is a challenging time for everyone, and it's not always easy to adjust. Take some extra time for self-care, and try again tomorrow!</p>	

Mental Health, Week of April 27

My Mental Health

Self-Management Plan

Name _____

When you experience strong thoughts and feelings, it can be hard to break free from them.

Some people use *negative strategies* to feel better temporarily: drugs, drinking, running away, screaming at others, self-harm, skipping school, bullying, hurting someone they love, isolation, other risky behaviors. Negative strategies might make a person feel better temporarily, but they're not a good choice because they can hurt ourselves and others, and won't really resolve the bad feelings.

Coping means using your brain to positively deal with stress, by managing your thoughts and using up the extra energy of stress in HEALTHY ways.

It often helps to have a plan made up ahead of time for what we will do when feeling stressed. KEEP THIS in a safe place so you can use it when you need it; it's hard to think straight when you're stressed out!

Directions: Use this guide to write in the things that you can say or do to help you feel better when you feel stress or negative emotions. You can get examples from the lessons we shared April 13 and April 20, or write in your own. If you can't fill it in completely, reach out to a parent or teacher for ideas they use.

If I feel stressed out, I will:

Physical activities 1 _____ 2 _____ 3 _____

Release tension safely 1 _____ 2 _____

Talk to 1 _____ 2 _____ 3 _____ 4 _____

Go to 1 _____ 2 _____ 3 _____ 4 _____

Write in/on 1 _____ 2 _____

Think it through 1 _____ 2 _____

(how/what; self-talk) 3 _____ 4 _____

Accept my mistakes, learn from them, and plan what would be better for next time.

Breathe (how) 1 _____ 2 _____

Something that takes my mind off of it 1 _____ 2 _____

Something that makes me laugh 1 _____ 2 _____

3 _____ 4 _____ 5 _____

Just like you might need extra help to treat a headache (physical pain) because self-care (sleep, water, screen free) isn't enough, sometimes we need extra help with mental/emotional pain.

If my self-care doesn't work and my tough thoughts & feelings don't improve, I will reach out to these trusted adults to get help: (circle)

Parent	School counselor	Teacher	Neighbor
Coach or club leader	Friend's parent	Other adult in family	
Parent's friend	Church leader	School administrator	

Others _____

You're not alone when you struggle with your thoughts and feelings, but it often feels that way because many people don't talk openly about their hard times. People are often afraid they will be judged if they share how they really think and feel. *What can you do for others when they are struggling, to help them feel supported?*

Just like physical (body) symptoms might signal us to a serious problem that needs medical help, sometimes there are signs of mental and emotional issues that need professional care. If your thinking or feelings get in the way of being able to do the things you need to do, or if you're not enjoying the things that normally make you happy, *love yourself enough to tell someone you trust.*

Here are some suggestions of where you might go for help:

- ❖ Text HELLO to 741-741
- ❖ Hendricks County [Health Resource Guide](#) (descriptive list of local providers)
- ❖ 1-800-273-TALK (8255)
- ❖ Spanish hotline: 1-888-628-9454
- ❖ 1-800-SUICIDE (784-2433)
- ❖ 1-800-447-1348
- ❖ 1-866-488-7386 (Trevor Project Lifeline)
- ❖ Dial 911 if it's an emergency
- ❖ Dial 211 to ask about local resources if not a crisis

