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Coping with Change

Changes in our lives, like new classes, moving, or starting anything new, may be scary, but change is a part of life. The tips here will help you learn how to cope with change—and thrive!

Understand that feeling discomfort in a new situation is normal. Ignoring or pushing away your discomfort

Coping with Change

Rack Card

Feeling Overwhelmed?

If so, you're not alone. We all feel overwhelmed at times.



Feeling Overwhelmed

Rack Card

Depression

Information and Coping Tips

We all go through times when we feel down or unhappy. For most, these periods are temporary and we soon feel better. People who suffer from depression, however, have persistent, overwhelming feelings of sadness and hopelessness. These feelings affect their schoolwork, relationships, and their overall well-being.

Depression

Rack Card

SUICIDE PREVENTION

Suicide is, and continues to be a major issue that touches the lives of millions of people around the world.

With knowledge and resources, we can work together to save lives and prevent suicide.

Suicide Prevention

Rack Card

Dealing with Trauma

Trauma is the prolonged feeling of fear or stress following an upsetting, dangerous, and/or violent event.

Trauma can be a temporary stress reaction, or it can result in a prolonged condition, such as Post-Traumatic Stress Disorder.

Dealing with Trauma

Rack Card

Anger Management

Everyone gets angry from time to time. But if your anger is affecting your relationships and the quality of your life, there perhaps you should think about what you can do to manage your anger.

Wondering if you have an anger problem? Answer the following questions to see how many of them you answer "yes!"

Anger Management

Rack Card

SELF-HARM

INFORMATION AND RESOURCES

What is self-harm?

Self-harm means intentionally injuring yourself (e.g., cutting, burning, scratching) as a way to release emotional pain, stress, or feelings you can't deal with.

Self-harm can also include risky behavior, such as driving recklessly, drinking, or using drugs.

Self-Harm

Rack Card

Feeling Lonely?

Everyone feels lonely sometimes. It's normal. But feeling lonely is no fun, particularly when it lasts for an extended period of time. When that happens, know that there are ways to feel better.



Common Reasons People Feel Lonely

Feeling Lonely

Rack Card

ANXIETY

Information and Coping Tips

Occasional anxiety is a part of life—it's a natural reaction to events or situations that are frightening or stressful.

The start of a new school year...waiting to hear if you passed the test, made the team, or got the job. All of these things can make us feel nervous and anxious.

Anxiety

Rack Card

Coping with Substance Abuse at Home

If you are dealing with substance abuse at home, you aren't alone. About 12% of children have been impacted by the substance abuse of a parent, guardian, or family member.

Coping with Substance Abuse at Home

Rack Card

DEALING WITH STRESS

WHAT IS STRESS?

Stress is your body's reaction to change, demands, or difficult situations.

Stress is a part of everyday life, but too much stress can have a negative impact.



Dealing with Stress

Rack Card

Top 10 Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health. Here are 10 ways to improve your mental health.

1. Get enough sleep

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you're at least eight hours of sleep.

Top 10 Ways to Improve Mental Health

Rack Card

Coping with Grief

Grief is a natural emotional reaction to loss. We generally think of grief as a reaction to the death of a loved one; however, it can also be an emotional reaction to a divorce, illness, or significant life change, such as moving.

Symptoms of Grief

Everyone experiences loss differently. The following

Coping with Grief

Rack Card

SOCIAL MEDIA AND MENTAL HEALTH

While social media can add a lot to your life, it can also have some negative effects on your mental health. Here are some examples.

EDITED LIVES
Everyone puts their best selves on social

Social Media and Mental Health

Rack Card

Understanding Mental Health

Mental health refers to your social, emotional, and psychological well-being. While your mental health can be impacted by some things you can't control (e.g., family history, life experiences, genes, brain chemistry), you can control how well you look after your mental health.



Understanding Mental Health

Rack Card

Improving Your Self-Esteem

Self-esteem is the perception of our own worth. It's how we feel about ourselves—positively or negatively.

When you have low self-esteem, it can feel like you're not good enough, or that you don't measure up—even though that is not true. There are many things that make you amazing, valuable, and most importantly, you, improving

Improving Your Self-Esteem

Rack Card

Eating Disorders

Information and Resources

People with eating disorders have an obsession with food, weight, and/or body shape. Eating disorders tend to develop in adolescence and affect both males and females, although they are more common in females.

Common Eating Disorders

Eating Disorders

Rack Card

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed

We all feel stressed, anxious, or angry at times. When you feel this way, it's important to have a toolbox of calming techniques to help you relax. Here are some quick and easy calming techniques.



Calming Techniques

Rack Card

Social Anxiety

Many people are shy—it's a part of who they are. People who are shy often feel uncomfortable in social situations and are reluctant to speak up. Being shy often becomes less of an issue as a person grows and becomes more confident.

There are some people, however, who are more than shy. They have social anxiety—an intense fear of being ridiculed, judged, or rejected. Social anxiety makes social situations difficult, and can cause physical symptoms such as

Social Anxiety

Rack Card

What is Social-Emotional Learning?

Social-Emotional Learning (SEL) is the process of developing social-emotional skills, like coping with feelings, getting along with others, decision making, and more.



What is Social-Emotional Learning?

Rack Card

Self-Awareness

Self-awareness means understanding your emotions, values, strengths, and thoughts, as well as how these things can affect your behavior.



Key Self-Awareness Skills

Self-Awareness

Rack Card

Responsible Decision-Making

Responsible decision-making means making choices that are smart, respectful, ethical, and safe.



Key Decision-Making Skills

Responsible Decision-Making

Rack Card

Self-Management

Self-management means being able to navigate and control your emotions, thoughts, and behaviors in different situations.



Key Self-Management Skills

Self-Management

Rack Card

Relationship Skills

Relationship skills refer to the ability to form and maintain happy, healthy relationships with others, both in and out of school.



Key Relationship Skills

Making friends

Relationship Skills

Rack Card

Social Awareness

Social awareness is the ability to understand the feelings and viewpoints of others. It's also understanding that different behaviors are expected in different situations.

Key Social Awareness Skills



Social Awareness

Rack Card

BUILDING A GROWTH MINDSET



Building a Growth Mindset

Activity Booklet / Worksheet

Adaptability



Adaptability Activity

Activity Booklet / Worksheet

Anger Management



Anger Management Activity

Activity Booklet / Worksheet

Communication



Communication Activity

Activity Booklet / Worksheet


Conflict Resolution



Conflict Resolution Activity

Activity Booklet / Worksheet

Goal Setting



Goal Setting Activity

Activity Booklet / Worksheet


Growth Mindset



Growth Mindset Activity

Activity Booklet / Worksheet

Mindfulness



Mindfulness Activity

Activity Booklet / Worksheet

Problem Solving



Problem Solving Activity

Activity Booklet / Worksheet


Self Esteem



Self-Esteem Activity

Activity Booklet / Worksheet

SMART Goals



SMART Goals Activity

Activity Booklet / Worksheet

Focus on Your Strengths



Focus on Your Strengths Activity

Activity Booklet / Worksheet

Turn Failures into Successes



Turn Failures into Successes Activity

Activity Booklet / Worksheet


What Motivates You?



What Motivates You? Activity

Activity Booklet / Worksheet


BUILDING A GROWTH MINDSET



Building a Growth Mindset

Booklet


Feeling Lonely



Feeling Lonely Activity

Activity Booklet / Worksheet

Feeling Overwhelmed



Feeling Overwhelmed Activity

Activity Booklet / Worksheet

Dealing with Trauma



Dealing with Trauma Activity

Activity Booklet / Worksheet

VAPING

What You Need to Know



Vaping

PowerPoint
*download only

CALMING TECHNIQUES

TIPS FOR STAYING CALM AND RELAXED



Calming Techniques

PowerPoint
*download only

Ways to Improve Mental Health



Ways to Improve Mental Health

PowerPoint
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Mental Health Anxiety



Mental Health - Anxiety

E-Tips
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Mental Health Feeling Angry?



Mental Health - Feeling Angry

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Mental Health Feeling Down?



Mental Health - Feeling Down

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Mental Health Feeling Lonely?



Mental Health - Feeling Lonely

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Mental Health Feeling Overwhelmed?



Mental Health - Feeling Overwhelmed

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Mental Health Self-Esteem



Mental Health - Self-Esteem

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Mental Health Stress



Mental Health - Stress

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Mental Health Ways to Improve Mental Health



Mental Health - Ways to Improve Mental Health

E-Tips
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Motivational Quotes

E-Tips
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Mental Health - Ways to Feel Calmer

Mental Health - Ways to Feel Calmer
E-Tips
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VAPING
WHAT YOU NEED TO KNOW

"Vaping" is the popular term used to describe the use of e-cigarettes or nicotine vaporizers. You might know people who vape, or you may have even tried it yourself. Regardless of your experience with vaping, it's important that you learn the facts about vaping—and why it's a bad idea.

Vaping - What You Need to Know
Rack Card

ALCOHOL
WHAT YOU NEED TO KNOW

Simply put, undrugged drinking is a dangerous practice with a number of risks. Here, you'll learn the facts and the risks, and why it's a good idea to say no to drinking.

THE FACTS

- ▶ Every year there are over 100,000 alcohol-related emergency room visits by people who are 12 - 21.

Alcohol - What You Need to Know
Rack Card

TOBACCO
WHAT YOU NEED TO KNOW

Even though tobacco use among young people is down, millions of students still smoke. Whether you smoke, use smokeless tobacco, or just know others who do, keep reading to get the facts on tobacco use—and learn why it's a very bad idea.

THE FACTS

- ▶ Tobacco products contain nicotine, a highly

Tobacco - What You Need to Know
Rack Card

MARIJUANA
WHAT YOU NEED TO KNOW

Marijuana is the most commonly used drug among young people. THC, a chemical found in marijuana, creates a "high" feeling when it is smoked or consumed orally. While marijuana use is increasingly accepted for medicinal purposes, recreational use by teens can have a number of negative effects.

SHORT-TERM NEGATIVE EFFECTS

Marijuana - What You Need to Know
Rack Card

OPIOIDS
WHAT YOU NEED TO KNOW

Opioids include illegal drugs like heroin, as well as prescription painkillers like oxycodone (Oxycontin), hydrocodone (Vicodin), morphine, fentanyl, codeine, and more. Opioids are extremely addictive and dangerous. More than 130 Americans die from an opioid overdose every day.

PRESCRIPTION OPIOIDS

Opioids - What You Need to Know
Rack Card

DRUG MISUSE
WHAT YOU NEED TO KNOW

Using substances to get high, or for reasons other than their intended purpose, is a very dangerous thing to do. The following includes information on commonly misused substances, as well as their dangerous effects.

PRESCRIPTION PAINKILLERS

Using prescription painkillers like Vicodin and Oxycontin can quickly turn into a dangerous

Drug Misuse - What You Need to Know
Rack Card

SAYING NO TO ALCOHOL, DRUGS, & TOBACCO

5 REASONS TO SAY NO

- 1. YOUR HEALTH**
Whether it's a short-term issue like being hungover or a long-term health issue like lung or liver disease, substance abuse can take a toll on your body.
- 2. CONTROL AND JUDGMENT**

Saying No to Alcohol, Drugs, & Tobacco
Rack Card

BUILDING REFUSAL SKILLS

You've likely heard all the reasons you should say no to drugs and alcohol. But in certain circumstances it can be really hard to say no, even if you want to and know you should.

The following are tips for building refusal skills—confidently saying no to drugs and alcohol if you're ever offered. These are ways to say no without feel-

Building Refusal Skills
Rack Card

Eat Healthy

Eat Healthy
Pamphlet

Be Active

Be Active
Pamphlet

Stay Well

Stay Well
Pamphlet

Be Positive

Be Positive
Pamphlet

Sleep Well

Sleep Well
Pamphlet

Connect with Others

Connect with Others
Pamphlet

DREAM BIG

Dream Big
Poster (8 ½ x 11)

HAVE A GROWTH MINDSET

Growth Mindset
Poster (8 ½ x 11)

KEEP IT UP!

Keep it Up
Poster (8 ½ x 11)

WE ARE STRONGER TOGETHER

We Are Stronger Together
Poster (8 ½ x 11)

We can get through anything together.

We Can Get Through Anything Together
Poster (8 ½ x 11)

WORK HARD

Work Hard
Poster (8 ½ x 11)

It's okay to make mistakes. Mistakes help us

It's Okay to Make Mistakes
Poster (8 ½ x 11)

BELIEVING IN YOURSELF IS THE SECRET TO SUCCESS

Believing in Yourself
Poster (8 ½ x 11)

YOU ARE AMAZING

You are Amazing
Poster (8 ½ x 11)

I am not afraid of storms
for I am learning to sail my ship.

I am Not Afraid of Storms
Poster (8 ½ x 11)