

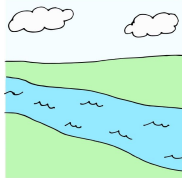
Back to School 2020 Elementary

Transitions

Listen and follow the rules



I can go with the flow



Ask for help if needed



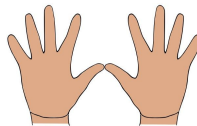
Coping Skills

Take deep breaths



Count to 10

1 2 3 4 5 6 7 8 9 10



Talk to an adult



Positive Self Talk

-Think to yourself-

- I can do things a new way
- It's ok if things change
- Today I am thankful for...
- Today I am a leader
- I can get through this
- I am... SMART, FUNNY, KIND, FRIENDLY, RESPECTFUL, RESPONSIBLE, SAFE, ORGANIZED

Video

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q&fbclid=IwAR1k9d8ZmLkHBHrpMJXu1POQtDhsUqdrRSTRInT1ddUCh4L1nr9Hd09OnuA>



Mental Health Support Team



Back to School 2020 Grades 6-12 Students

Know the Warning Signs

Excessive worry or sadness.
Unhealthy eating or sleeping habits.
Irritability and “acting out” behaviors.
Poor school performance or avoiding school.

Difficulty with attention and concentration.
Avoidance of activities enjoyed in the past.
Unexplained headaches or body pain.
Use of alcohol, tobacco, or other drugs.

Coping Strategies

Deep Breathing
Take a break
Talk to someone

Go for a walk
Journal

People who you can talk to

Teacher
Principal
Guidance Counselor

School Psychologist
LMHP (Mental Health Therapist)

APPS to help

Smiling Mind (apple/Android)



Self Help for Anxiety Management (apple/Android)



Happy Color (Android)



Happify: for Stress & Worry (apple/Android)



Wellness Podcasts

School of Greatness - Lewis Howes
Happier - Gretchen Rubin

Radical Transformation Podcast
Meditation Minis Podcast



Mental Health Support Team

