

CRISIS TEXT LINE

now includes
52 WEEKS OF

self care activities, inspiration, and tips for coping with school

We're here to help you have a great school year!



Being organized and creating a routine can decrease your stress and anxiety levels. We believe that wellness is essential in every part of your life. But we understand it can be tough to know where to start. That's why we created this planner for you!



How to use your planner

This planner is designed to help you in key areas related to your mental health, providing ideas, encouragement, and prompts to help you grow and manage your stress and anxiety.

Don't forget to create a space and time for yourself after school to reflect on your day and map out some techniques and actions you can take to nurture your mental health and feel better.

Your weekly planner activities

Affirmations

Say and repeat these affirmations to yourself as many times as needed. Do it in front of the mirror, out loud, quietly, alone or before, during or after school.

Visualization Activities

Use the blank pages provided as a form of taking action by allowing yourself to visualize the things you want for yourself.

Inspirational Quotes

Here are some inspirational quotes to help you stay motivated. A quick burst of positivity to remind you that you've got this.

Challenges

Open your mind and welcome new experiences. Try the weekly challenges and monitor your results. How did that weekly challenge make you feel?

Reflections

Time to get real! Find a quiet space that allows you to be honest with yourself. Use your own journal to write down your reflections.

My Monthly Affirmation

I love myself deeply and completely.



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Visualize 5 of your hopes and dreams and write them down in detail below.

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Life isn't how to survive the storm, it's about how to dance in the rain.

-Taylor Swift



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My Monthly Challenge:

Take time for myself to do something I enjoy.



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My Monthly Affirmation

I learn from the challenges in my life.



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Write 3 things you like about yourself.

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Everything negative – pressure, challenges – is all an opportunity for me to rise.

-Kobe Bryant



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My Monthly Challenge:

Do an activity outside after school.



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My Monthly Affirmation

I can do whatever I focus my mind on.



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How do you feel today? Draw it!

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44 Power means happiness; power means hard work and sacrifice.

-Beyoncé



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My Monthly Challenge:

Check-in on a friend to see how they are doing.



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My Monthly Affirmation

I am not trying to fit in because I was born to stand out.



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Doodle one thing that brings you joy.

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Land Don't be afraid to cry. It will free your mind of sorrowful thoughts.

-Hopi proverb



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My Monthly Challenge:

Monitor my stress levels.



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My Monthly Affirmation

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Write 5 words below that inspire you and read them to yourself outloud.

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Your imperfections make you beautiful, they make you who you are. So just be yourself, love yourself for who you are and just keep going.

-Demi Lovato



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My Monthly Challenge:

Spend quality time with my family or loved ones.



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My Monthly Affirmation

I surround myself with people who treat me well.



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Close your eyes and imagine one of your school goals.

Dive into this mental image and notice the feelings that arise. Using the space below, map out how you will achieve this goal.

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The most important thing, in anything you do, is always trying your hardest, because even if you try your hardest and it's not as good as you'd hoped, you still have that sense of not letting yourself down.

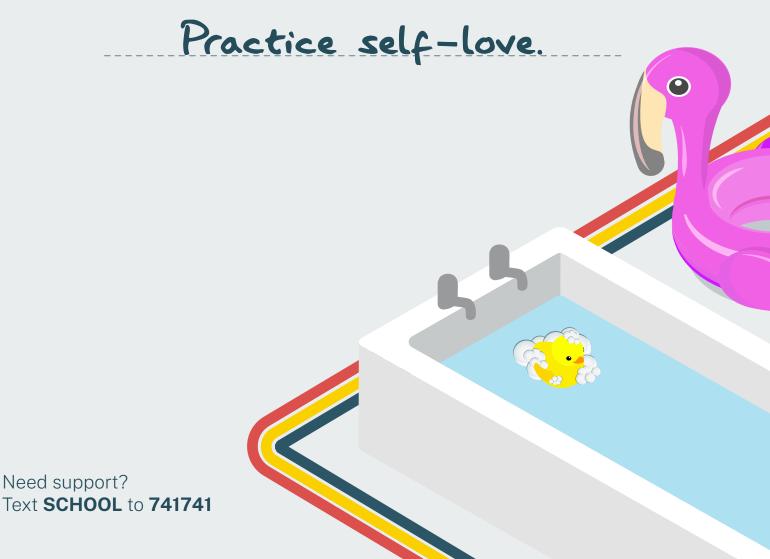
-Tom Holland



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My Monthly Challenge:



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My Monthly Affirmation

I fill my day with hope and face it with joy.



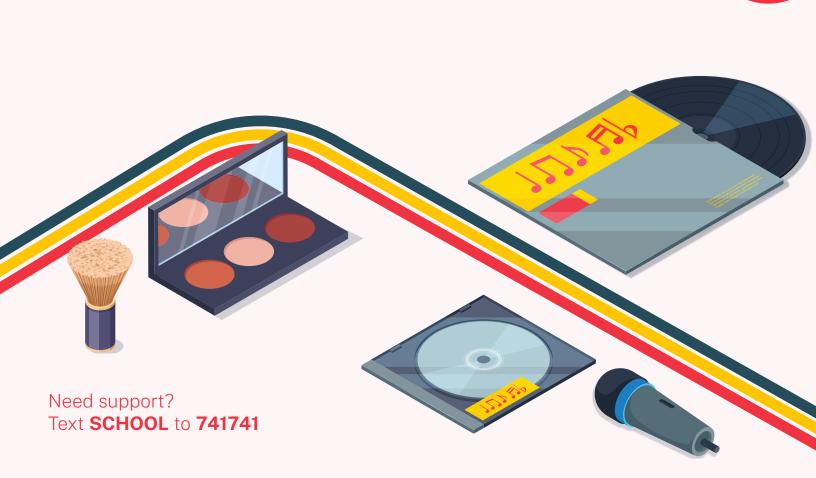
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Think about a place that makes you happy. Draw it below.

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44 All the people who knock me down, only inspire me to do better.

-Selena Gomez



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My Monthly Challenge:

Not judge other people.



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My Monthly Affirmation

It is okay to make mistakes.



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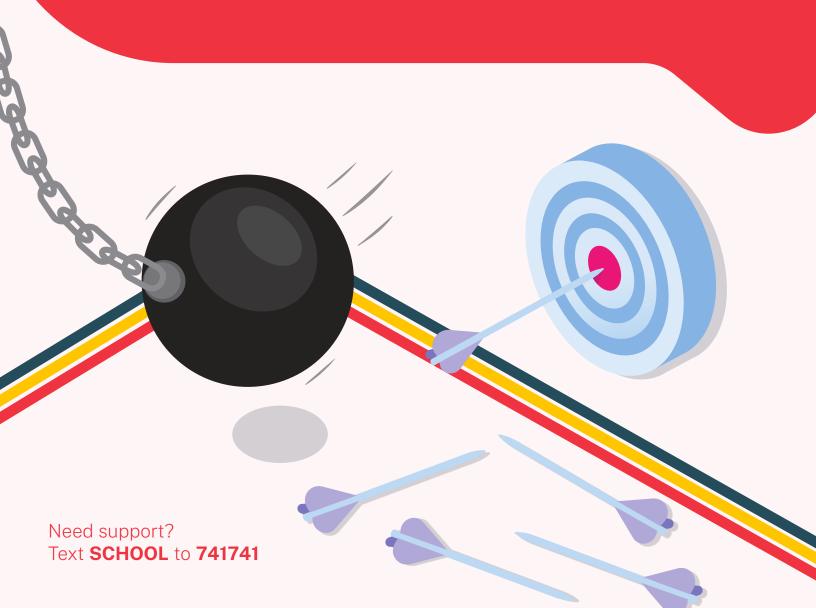
Reflect on a time you were happy at school and allow yourself to relive that joy.

Write down what was special.

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44 If you believe in yourself, anything is possible.

-Miley Cyrus



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My Monthly Reflection:

What worries are you holding onto right now?



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My Monthly Affirmation

My voice and opinion matter.



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Where do you see yourself after graduating? Map out the next stage of your life.

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44 Be happy with being you. Love your flaws, own your quirks.

-Ariana Grande



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My Monthly Reflection:

When you look in the mirror in the morning before school, what do you see?



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My Monthly Affirmation

lam worthy of respect, kindness and love.



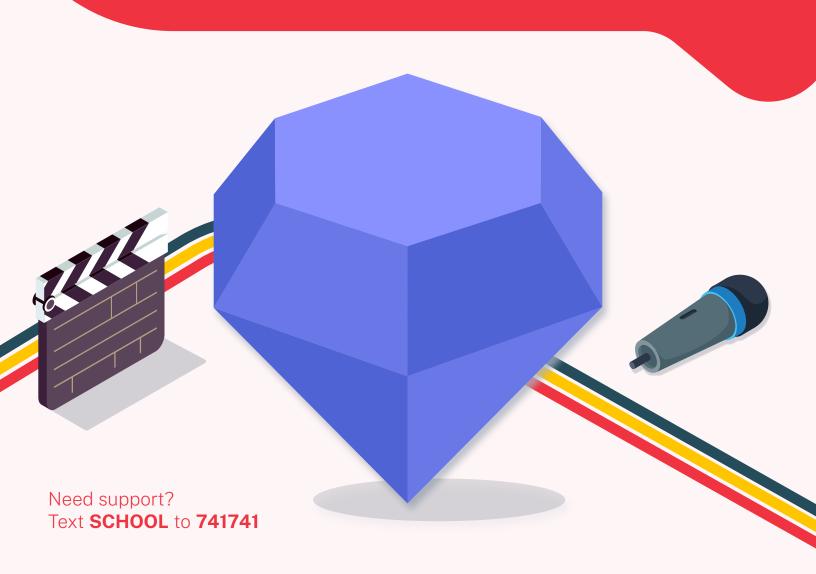
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Doodle what made you smile today.

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44 If there's any definition to being perfect, you're perfect at being yourself.

-Zendaya



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My Monthly Reflection:

What do you procrastinate about and why?



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My Monthly Affirmation

I will grow and learn from my relationships with my friends, family and partners.

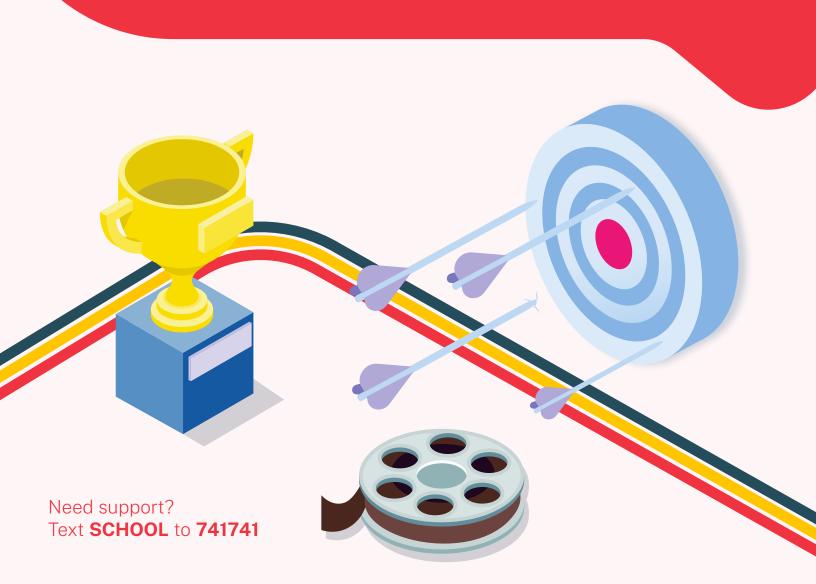
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Close your eyes and think about your favorite vacation spot. Draw your dream destination.

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You're never going to please everyone, and if you do, there's something wrong.

-Constance Wu



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My Monthly Reflection:

How does social media influence you as a person?



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My Monthly Affirmation

I channel my emotions into healthy outlets.



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Draw a big red stop sign. Then stop and think about your current feelings and thoughts –

if they're causing you stress, try redirecting them toward positive ones.

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44 Negativity isn't the way to go, smile more, eat some chocolate.

-Ed Sheeran

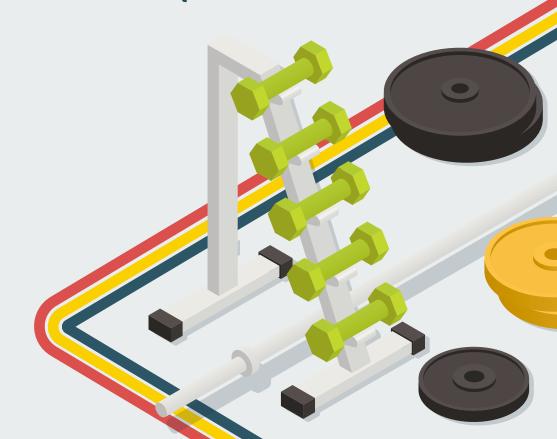


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My Monthly Reflection:

Where do you feel most at peace?



Need support?
Text **SCHOOL** to **741741**

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My Monthly Affirmation

lam beautiful, smart and talented.

Need support?
Text **SCHOOL** to **741741**



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Think of a quiet and peaceful place. Now, notice how this place smells, its temperature, lighting, any soft noises, its size. Write how it makes you feel.

Need support?
Text **SCHOOL** to **741741**

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You have to find support. Find someone you can talk to. It doesn't have to be a therapist only but your mother, a friend or someone else.

-Priyanka Chopra Jonas



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My Monthly Reflection:

When you think about your future, do you get excited or nervous? Why?



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Make a mental health crisis plan

Create your crisis plan below:

When I feel stressed, here are three things I can do to feel more calm:						

Three people I can reach out to if I'm struggling:	

Three things I do for self care that often make me feel better:					

Resources I can turn to if I need support:

Text SCHOOL to 741741

Your mental health is important. And, at one point or another, you and your friends may need some tools to cope with difficult emotions. The best way to prepare yourself is to have a plan before you need it.





Coping Techniques Breakdown



Take time to rest

Allowing yourself to rest physically and mentally will help you reset and clear your mind.



Seek mental health support

Need additional support? Consider reaching out to <u>Crisis Text Line</u> by texting **SCHOOL** to **741741** or contacting mental health professionals in your area.

Create art

Practice a hobby or try something new. These activities can help with feelings of stress and burnout and allow you to be present in the moment.

Listen to music

Pick an upbeat tune to feel energized or go for that slower beat for a soothing and relaxing effect on your mind and body.

Connect with loved ones

Quality time with your core circle is key. Find a moment to meet with them, talk, text or joke together. Having a support system is a game changer!

Tune into TV, video, or podcasts

Your favorite show can be a healthy temporary coping skill to lower anxiety. Some shows offer new perspectives and learning opportunities.

Let's get physical

Choose an activity that best suits you. Exercise can help boost your mood, decrease anxiety and depression and improve sleep quality.

Play with pets

It helps diminish feelings of loneliness and depression. If you don't have pets, visit a nearby shelter and show those little critters some love!

Take it slow with meditation

Doing this can provide a sense of calm, balance and relaxation. Find a quiet place to connect with yourself and your senses.

Get lost in a good book

It'll help relax and distract your mind, and can significantly help decrease your stress.

For more resources, visit crisistextline.org/school