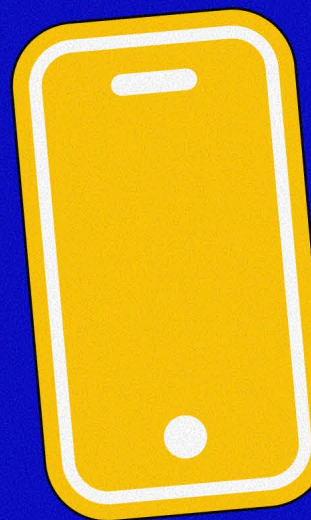


edition * high school edition * high school e



CRISIS TEXT LINE |

school mental health edition hacks



mental health student playbook

Prioritize your mental health...

Use this Mental Health Student Playbook to help you reduce stress and anxiety by learning and practicing key areas of well-being and greatness.

**...AND self-care
this school year!**

SCHOOL TO 741741 NEED TO VENT? TEXT SCHOOL TO 741741 NEED TO VENT? TEX

table of contents

intro

self-care checklist

wellness challenge

visualize and thrive

explore coping techniques

study tips

mental health crisis plan



CRISIS TEXT LINE

school
mental health edition
hacks

get hyped for an amazing school year!

Want to feel less stressed and more in control from Day 1 of classes? Getting organized and having a routine can really help. We know that taking care of your mental health matters in every part of your life, and starting the new school year can feel overwhelming. That's why we created this practical Mental Health Student Playbook just for you.

how to use your playbook

Start by carving out time and space for yourself before or after school to reflect on how you're feeling and plan strategies to enhance or improve your mental well-being. We encourage you to give it a try!

Tips & Tricks

This playbook is full of tips made just for you to help your school year go smoothly and feel less stressful. Check them out and see which ones work for you!

what's in the playbook?

Checklists

Use the self-care checklists we created to help manage your stress throughout the school year. Test, keep track of, and maintain the activities that work best for you and your mental well-being.

Visualization Activities

Take action by allowing yourself to practice visualizing the things that bring you peace, the goals you have for yourself, and what makes you happy. Doing this can help you feel more confident when bringing your thoughts to life.

Challenges

Embrace new experiences with an open mind. You will find self-care activities and challenges that are meant to help you focus on you and your well-being. Reflect on how each challenge made you feel. Find a quiet spot where you can be honest with yourself, and use a journal or a notes app on your phone to record your thoughts.

self-care checklist

Our Self-Care Checklist is the perfect tool to help you get organized and prioritize your mental health while handling school life.

It provides practical steps to manage your time, set achievable goals and maintain a balanced routine. With this checklist, you'll not only survive but thrive in your academic journey. Use it to stay focused, reduce stress, and keep your well-being a priority throughout the school year.

Mood



Water Intake



Breakfast

Lunch

Dinner

Snacks

How did you connect
with family and friends?

What activities
brought you joy?

Which coping skills did you use?

Notes:

wellness challenge checklist

You are your biggest competition and the best person to help you level up, so challenge yourself to something new, bigger, different, fun and good for you. Try some of these challenges or create some of your own and see how small, mindful actions can significantly impact your day.

- ☐ Explore a new hobby or skill
- ☐ Try out some breathing exercises
- ☐ Volunteer some of your time at an organization that resonates with you
- ☐ Do something nice for someone
- ☐ Give a genuine compliment to a friend or a family member
- ☐ Write a thank you note or text to someone who helped you
- ☐ Start a conversation with a classmate you don't know well
- ☐ Make yourself a healthy after-school snack
- ☐ Write down your feelings in a journal
- ☐ Learn a new word or random fact
- ☐ Organize a group walk around campus or a coffee outing with your friends
- ☐ Reorganize your room or study space
- ☐ Create your own challenge: _____

visualize & thrive

These visualization activities are here to help you unlock your full potential and bring your goals to life! Jump into these exercises to feel grounded, be present, and reflect on what you want to achieve for yourself.

Use the prompts on this page to envision your success, set clear intentions and boost your confidence. Find a quiet spot to relax, let your imagination soar, and start planning your path!

Think about your favorite vacation spot. Create a vision board of your dream destination.

Where do you see yourself after graduating? Map out the next stage in your life and the steps you will take to achieve your goals.

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. Go back to this place any time you need to reset to a calm state or clear your mind.

Reflect on a time you were happy at school. Write down why that moment was special.



Check out this playlist we've created just for you! It includes exercises to help you practice visualization, connect with your senses, and ease any stress you are feeling at the moment.

explore coping techniques

These simple and effective tips are here to help you handle life's ups and downs with more confidence and less stress! Whatever you choose to do, it's all about finding what works best for you. Share these techniques with friends and make self-care a part of your everyday routine.

Tune into TV, videos or podcasts

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

Listen to music

Pick some upbeat songs to feel energized or go for slower beats for a soothing and relaxing effect on your mind and body.

Get lost in a good book

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

Connect with loved ones

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

Create art

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

Seek mental health support

Need additional support? Consider reaching out to a live volunteer Crisis Counselor at Crisis Text Line by texting **SCHOOL** to **741741** or contacting mental health professionals in your area.

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 a video game

Turning on a video game is a way to temporarily step away from stressors so you can clear your mind and give yourself space to re-energize.

Take it slow with meditation

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

Play with pets

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

pro tips: studying for tests and finals

Wanting to perform your best for exams, quizzes, and finals can be super stressful! But we have your back. Check out our studying tips and tricks to help you stay calm, focused, and clear-minded so you can feel confident going into every test. You've got this!

Give yourself the proper nutrition

Try to keep consistent and healthy eating habits, and don't forget to drink plenty of water. Hydration is an easy way to take care of yourself when deep in an all-day study session.

Minimize "stress bragging" and keep it positive

Avoid bragging about how stressful exam time can be, like "Oh, I only slept for 2 hours last night." Glorifying stress is unhealthy and may cause others around you to feel stressed or anxious.

Identify your stress

Once you understand what specific things are stressing you out the most, like a particular chapter or concept from math class, create a plan of action to address the issue, such as extra time with your teacher.

Remember: this is all temporary

Your test score is not a reflection of your self-worth, and school does not determine the rest of your life. Things may get hard, but the stress is temporary and you can get through it!

Break it down and stay organized

Create to-do lists in order of importance and due dates. Check off each item as you complete it and don't forget to reward yourself for your small wins!

Reward yourself and celebrate the small wins

You may want to jump to the next task, project, or study session after you finish an exam, but give yourself a little time to recharge and celebrate what you just completed.

Protect your sleep

It may be tempting to pull an all-nighter for a big exam, but you should aim to get a good night's sleep so that you have enough time to get ready in the morning without being rushed.

Make plans with friends

One of the best things you can do for your mental health is socialize. Making plans ahead of time allows you to take breaks as well as check on friends who may be stressed as well.



pro tips for neurodivergent students

Studying for exams is tough in general, but for students who are neurodivergent, additional time and attention may be needed. Neurodivergent means having a brain that works differently from what's typical. It includes conditions like autism, ADHD, and others, and it's just one way people's minds can be unique. We're here to help! Here are some tips to make navigating classes and exams less stressful.



- Choose classes that **provide accommodations** for different learning styles or reach out to professors ahead of time for a detailed course syllabus.
- Make sure you have a **dedicated study area** that is comfortable and free of clutter and distractions; consider using a white noise machine to help you focus.
- **Create a study schedule** with breaks, spend extra time on tough subjects, and use your strengths—like flashcards, speaking out loud, or watching videos.
- **Use apps** that align with your learning style, such as Speechify or Evernote.
- **Join or form a study group** with classmates that have a similar learning style.

have your mental health crisis plan ready!

Your Mental Health Crisis Plan is your new go-to guide for navigating tough times with confidence and support! This plan is designed to be your safety net. Complete it and keep it handy so that you know what to do whenever you need help managing stress, anxiety and any other mental health hurdles that come your way. Remember: it's okay to ask for help, and you do not have to face struggles alone!

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

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

Resources I can turn to if I need support

Three things I do for self-care that often makes me feel better