

CRISIS TEXT LINE |

school mental health edition hacks

mental health student playbook

Ready to focus on your mental health...

Our Mental Health Student Playbook is here to help ease your stress and anxiety by guiding you through some awesome wellness and self-care activities.

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

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get ready for an amazing school year!


If you want to feel less stressed and worried, our Mental Health Student Playbook is just for you! Getting organized and having a routine can really make a difference. Feeling good and confident matters, and we're here to help you figure out where to start.

how to use your playbook

This playbook is designed to support your mental health by offering ideas, encouragement and prompts to help you manage stress and anxiety. It's important to set aside time and space for yourself before or after school to think about how you're feeling and come up with ways to keep your mental well-being in a good place. You got this!

what's in the playbook?

Affirmations



Affirmations are kind and positive words you say to yourself to feel strong and confident. It's like cheering yourself on from the inside! You can say them out loud, in front of a mirror, quietly in your head, or whatever feels right for you. Repeat them as often as you like.


Inspirational Quotes

We're bringing you some motivational quotes to keep you inspired. Read and reflect on them for a little boost of positivity and to remind yourself that you are capable and ready to succeed.

Tips and Tricks

This playbook is full of tips made just for you to help your school year go smoothly and feel a little easier. Give them a try and see which ones work for you!

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. Use the pages in this playbook as often as you wish and track your progress. Think about 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.

daily dose of positivity

Fuel your daily motivation and positivity by exploring our mini collection of inspirational quotes, affirmations, and self-care tips. Say goodbye to self-doubt and hello to confidence and empowerment!

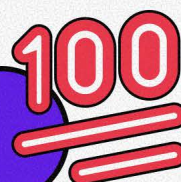
Quotes

Celebrate progress,
not perfection.

To have good friends,
you need to be one.

Your attitude determines
your direction.

Mistakes are proof
that you are trying.



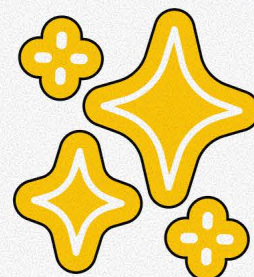
Affirmations

My voice and
opinion matter.

I can do whatever
I focus my mind on.

I am good
enough.

I am strong and brave, even
when things are hard.



Self-Care Tips

Enjoy being outside. Take a walk
and soak up the sun.

Limit your screen time.
Unplug to recharge.

Practice journaling or
try breathing exercises.

Laugh and spend time
with someone you love.

Reflect on these during your breaks when you need to be uplifted and inspired, or share them with friends to spread some good vibes.

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

Challenge yourself to something new, bigger, different, fun and beneficial 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☐ Write a short story or poem☐ Write a thank you note or text to someone who helped you☐ Give a compliment to a friend or a family member☐ Do something nice for someone☐ Learn a new word or random fact☐ Make yourself a healthy after-school snack☐ Start a conversation with a classmate you don't know well☐ Reorganize your room☐ Organize a group walk with your friends or family members☐ 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 calm, stay focused, and think about what you want to achieve for yourself.

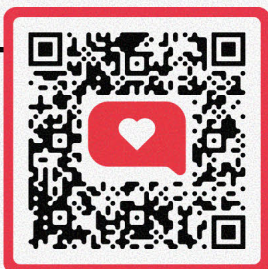
Use the prompts on this page to visualize your success, set clear goals and boost your confidence. Find a quiet spot to relax, let your imagination soar, and start planning your path!

**Write 5 words that inspire you.
And read them to yourself out loud.**

Visualize 5 of your hopes and dreams. Describe them in detail and write down some ideas on how you can make them come true.

Close your eyes and imagine one of your school goals. Dive into this mental image and notice the feelings that come up. Write down how you feel and how you will achieve this goal.

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.

pro tips: back-to-school edition

Start off on the right foot and set yourself up for a successful school year! Check out these tips to help you get through your first day with ease.

Avoid being distracted! Keep your electronics out of sight.



Be prepared. Make sure you have all your school supplies.

Know your class schedule and if possible, where each classroom is.



Get to know your teachers and their classroom rules and expectations.

Make new friends! A smile and a hello can go a long way.

Get a good night's rest.



Don't be late. Set your alarm so that you have plenty of time before school starts

Eat a healthy breakfast so you can stay energized and focused.

be prepared: create your mental health plan

Your Mental Health 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