SELF CARE
A few things I like to do for myself:


WHO I MET TODAY
Facilitators:
Others:


TODAY
things I want to learn or feel today:


LEARN

@2020 CREATIVE WELLBEING
CREATIVE WELLBEING is a training co-designed by the Los Angeles County Department of Mental Health, the Los Angeles County Department of Arts and Culture, and the Arts for Incarcerated Youth Network.

HOW TO USE THIS JOURNAL:
Take notes, doodle, dream, draw...this journal is a place to hold your thoughts and ideas, but also a place to lean into, and a place to write, in moments of distraction or emotion.
Risk & Protective Factors

Art and cultural resources are evidence-based strategies correlated with many protective public health factors. Increased school performance, social emotional development, the development of self-efficacy skills, and physical and mental health benefits, are all associated with arts engagement.


"The more healthy relationships a child has, the more likely they will be to recover from trauma and thrive. Relationship are the agents of change and the most powerful therapy is human love."

– Dr. Bruce D. Perry
The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult.

(Center for the Developing Child, Harvard University.)
Self-care break

Trace your finger along the path of the labyrinth. Set an intention or consider a question you might have.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world.
“What mental health needs is more sunlight, more candor, and more unashamed conversation.” – Glenn Close
SECTION 3

Typical Adolescent Behavior

mind * heart * body
SECTION 4

Give me five!

Five Signs Help is Needed

Know the 5 signs
Give me five!
Recognizing Emotional Wellbeing.

Know the 5 signs
Self-care break

A FEW IDEAS FOR TODAY AND TOMORROW:

TODAY / NOW:
– Add an affirmation to the inspiration wall. Make your voice heard!
– Text a note of gratitude to someone, for something.

TOMORROW / SOON:
– Plan time in your calendar within the next week for something soothing, relaxing or recharging for yourself.
– Make time to write in a journal, just to write.
– Take a walk in nature. (Leave the phone behind!)

Did you know that even being the tiniest bit under-hydrated can affect your mood? When you haven’t been drinking enough water, your body starts to trigger different areas of the brain that make you feel more anxious or nervous and can even heighten your emotions. Staying hydrated can prevent the intensity of those enhanced feelings.
Learning & Practicing Youth Resilience
More notes on Creative Wellbeing
Closing / Transfer of Knowledge
Ideas for our community and ourselves

One idea/activity we could potentially implement at our site:

One activity I commit to bringing back to my classroom/group/community:
Presenting Organizations
Contact Info

Department of Mental Health:
https://dmh.lacounty.gov
Department of Mental Health ACCESS: (800) 854-7771 (open 24/7)
Or Text “LA” to 741741
@LACDMH

Arts for Incarcerated Youth Network (AIYN):
www.aiynetwork.org
@aiyNetwork

Los Angeles County Department of Arts and Culture:
https://www.lacountyarts.org/
@LACountyArts
Additional Mental Health Resources

**National Suicide Prevention Lifeline**
(Didi Hirsch) 24/7: 1.800.273.TALK (8255)
Veterans: press 1 or text 838255
Para español, oprima el numero 2

**Disaster Distress Helpline:**
800-985-5990

**Crisis Text Line**
(24/7) Text LA to 741741

**Teen Line**
Call 310.855.4673 (6 p.m. to 10 p.m. daily) or text TEEN to 839863 (6 p.m. to 9 p.m. daily)

**The Trevor Project for LGBTQ Youth**
(24/7)
Call 1.866.488.7386 or text START to 678678

**Didi Hirsch Survivors of Suicide Attempts**
(SOSA)
Call 424.362.2901

**Didi Hirsch Survivors After Suicide**

**Los Angeles County Community Resources Information Line:**
2-1-1