



ARTS, SCHOOLS & RESILIENCE PROFESSIONAL DEVELOPMENT TRAINING WORKBOOK

SELF CARE

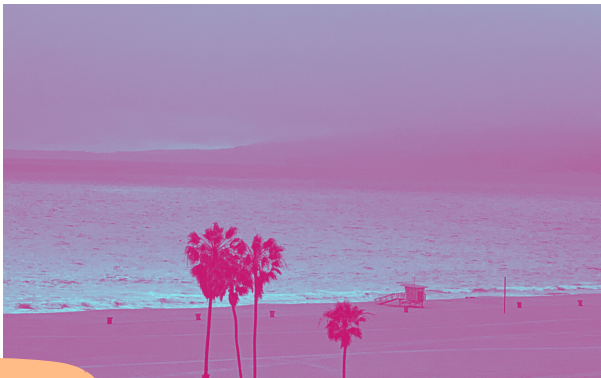
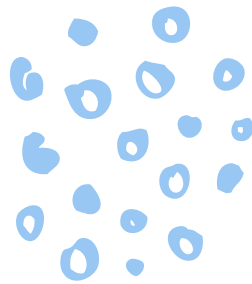
A few things I like to do for myself:



WHO I MET TODAY

Facilitators:

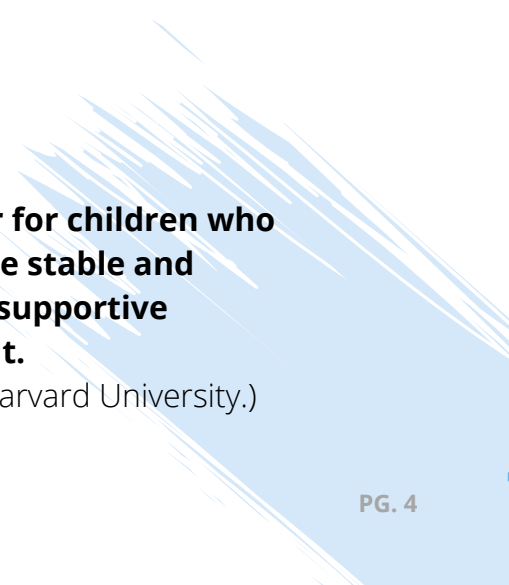
Others:



TODAY

things I want to learn or feel today:





(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.



SECTION 2

Mental Health is for Everyone

"What mental health needs is more sunlight, more candor, and more unashamed conversation." - Glenn Close

SECTION 3

Typical Adolescent Behavior

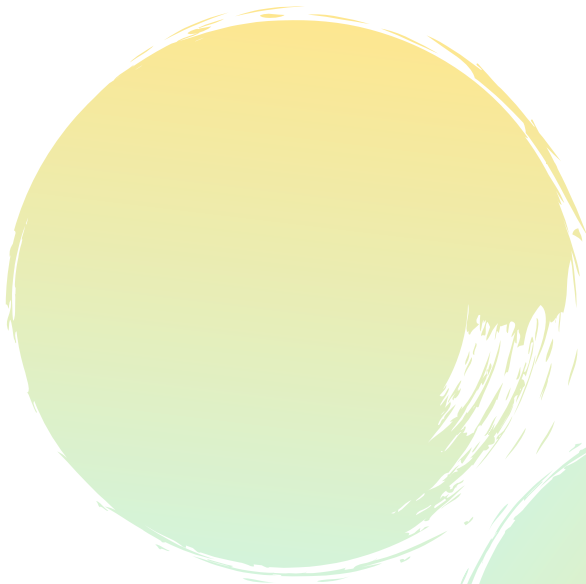
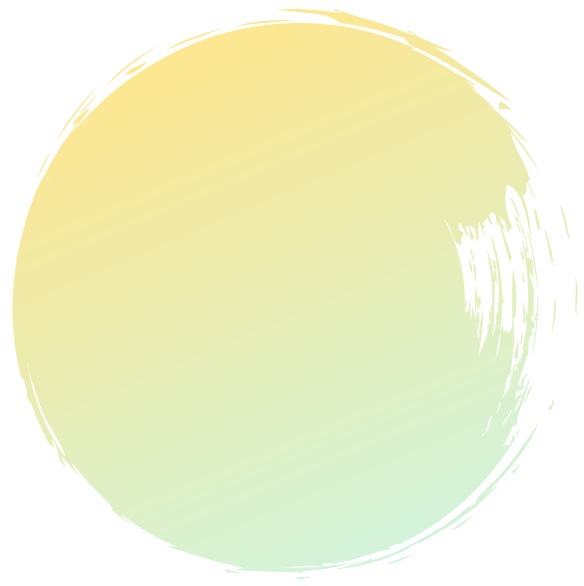
mind * heart * body



SECTION 4

Give me five! Five Signs Help is Needed

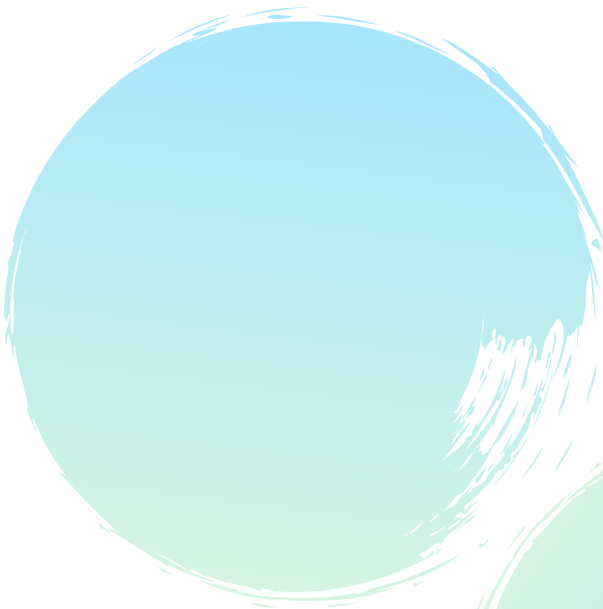
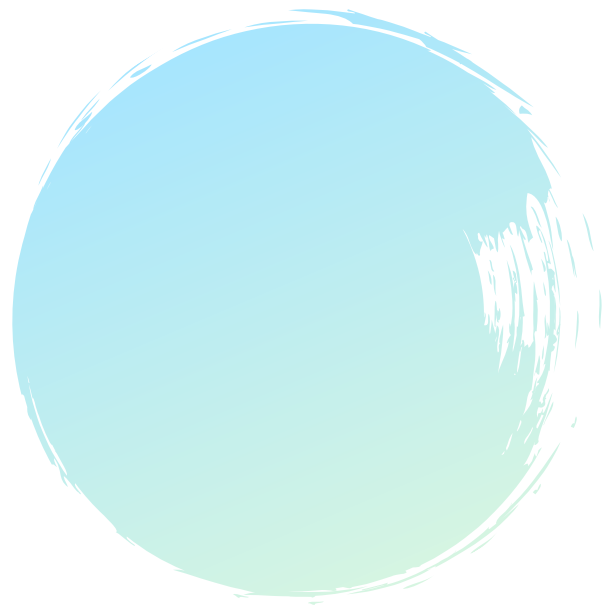
Know the 5 signs



SECTION 4

Give me five! Recognizing Emotional Wellbeing.

Know the 5 signs





NOTES ON ANYTHING



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.

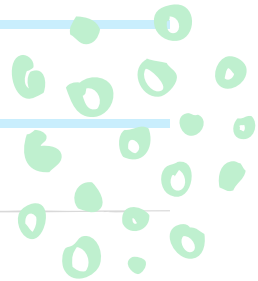


SECTION 5

Learning & Practicing Youth Resilience



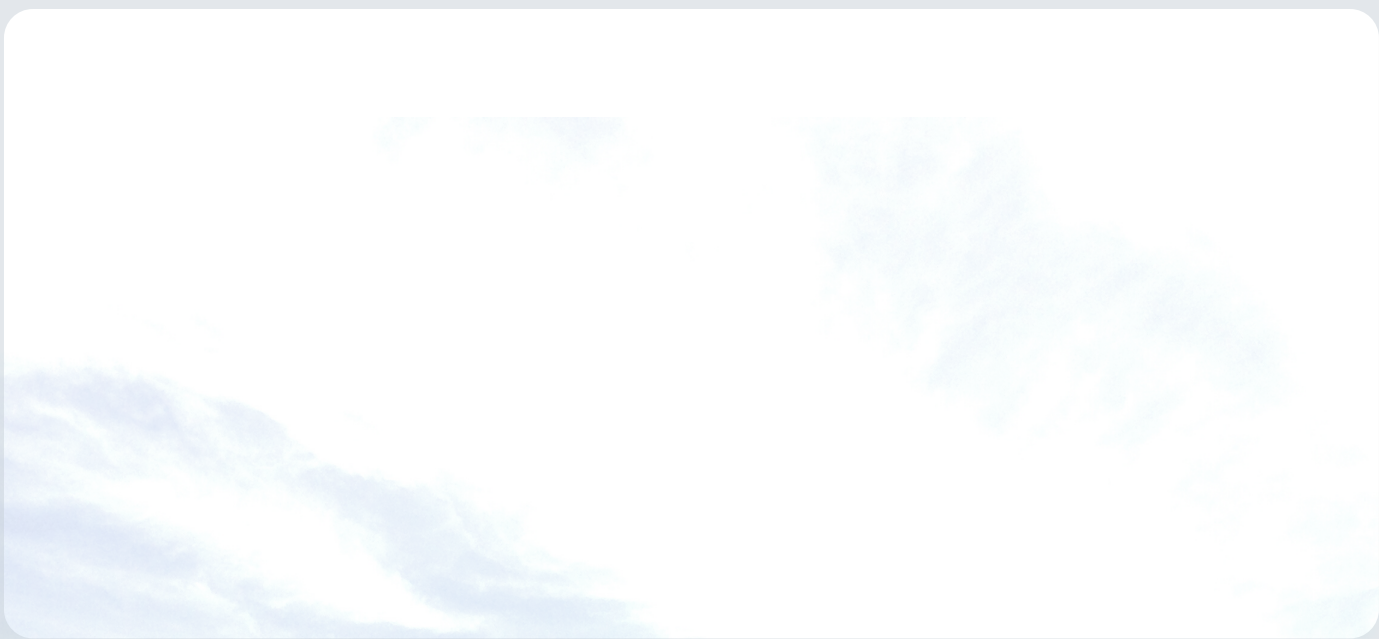
More notes on Creative Wellbeing



SECTION 6

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):

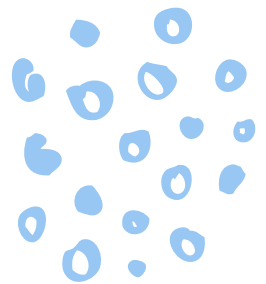
www.aiynetwork.org

@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 número 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

(SAS) Call 424.362.2912 for (SAS) adults and 424.362.2911 for (SAS) teens.

Los Angeles County Community Resources Information Line:

2-1-1