

## Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

This newsletter provides a list of curated resources and activities to support social emotional development, healthy coping as well as crisis support for educators, students and parents.

### FOR STUDENTS

#### Directing Change Contest

In classroom • Distance learning • Grades 5-12 (ages 12-25)  
URL: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

Write a script, create your film, and advocate for change! This year's contest includes 6 submission categories: Suicide Prevention, Mental Health Matters, Animated Short, Through the Lens of Culture, Walk in Our Shoes, and Hope and Justice.

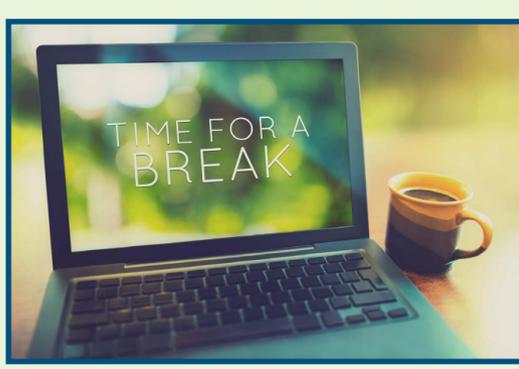
Students can create films about suicide prevention, spread awareness of mental health and how to get help, and share their experience with these topics through the lens of their culture. Prizes include up to \$1,000, trophies, and travel stipends to attend the award ceremony, an inspiring red carpet event celebrating youth and their films. (Unless it's a virtual event, but we promise to make it special!)



Don't forget to post the [flyer](#) at school to get the word out! **Deadline is March 1, 2022.**

### FOR EDUCATORS

Being gentle with oneself by setting boundaries and limits that support our mental health may be the most important self-care of all. As author Brianna Wiest says: *"Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own relentless internal pressure. True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don't need to regularly escape from."*



A good first step is to determine what aspects of our work and schedules we have control over and making choices about how to spend our available time and energy. To get started, visit the University of Buffalo School of Social Work website for [resources and a self-care assessment](#).

#### Yoga for Teachers

Take a moment to recharge with this yoga session created specifically for teachers. According to Johns Hopkins, practicing yoga can improve heart health, reduce stress, and ease pain. This session focuses on mindful breathing and gentle stretching, and even includes exercises that can be done from your desk. Watch the 30-minute video [here](#).



#### Weekly Motivator Tool for Students

Help students be intentional about self-care using this [Weekly Motivator](#) handout. They can add specific goals and prioritize areas such as exercise, relaxation, and connecting with others. Students should begin with realistic goals and develop a plan in case they face obstacles. After finishing the week, discuss results with the class to find what worked and what didn't, so students can learn from one another about how to stick to a self-care routine.



[campusmindworks.org](http://campusmindworks.org)



### Weekly Motivator

This tool is intended to help remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals.

Today's date: Tues May 19

My timeframe for these goals:  Today  This week  This month  
 Before my next appointment

<p><b>Physical Activity</b></p> <p>I will spend at least <u>2</u> days doing the following physical activity for <u>30</u> minutes: <u>walking the dog or riding my bike or walking on the treadmill.</u></p>	<p><b>FUN</b></p> <p>Regardless of how I feel, I will commit to scheduling <u>2</u> fun activities, including: <u>going to a movie with my sister, going to the bookstore and buying a new book.</u></p>	<p><b>Eating Right</b></p> <p>I will make the following choices to improve my eating habits: <u>Add in decaf coffee in the afternoon, add fruit for my afternoon snack, and increase amount of water I drink.</u></p>	<p><b>Support from Others</b></p> <p>I will spend at least <u>15</u> minutes on at least <u>3</u> days spending time with: <u>My sister, my dog, and my best friend.</u></p>	<p><b>Relaxation</b></p> <p>I will spend at least <u>30</u> minutes on at least <u>3</u> days on the following relaxing activities: <u>Yoga class, yoga video, reading for pleasure, writing in my journal.</u></p>	<p><b>My Specific Goal</b></p> <p>My goal is: <u>practice mindful eating this week</u></p> <p>Step #1: <u>listen to my body when I'm hungry</u> Step #2: <u>eat until I'm satisfied</u> Step #3: <u>identify fruits/vegetables I like</u></p>
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How likely are you to follow through with these activities during the timeframe you have set?

Not Likely	1	2	3	4	5	6	7	8	9	10	Very Likely
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What might get in the way of meeting the goals you have set for this timeframe? Stress at work, busy schedule for myself and my kids.

Brainstorm possible ways to overcome these barriers: exercise early in the morning, before work. Plan my next day's meals the night before, and pack my lunch (after the kids go to bed); arrange to have my husband get the kids ready for bed so I can read/do yoga, etc.

For More Information: [www.directingchange.org](http://www.directingchange.org) | 1-800-273-8255 | 1-800-852-8336 | Text "TEEN" to 839263 | © 2018 Regents of the University of Michigan

#### The National Suicide Prevention Lifeline:

**1-800-273-8255 (24/7)**

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

#### Teen Line:

**1-800-852-8336 (6-10 p.m.)**

**Text "TEEN" to 839263 (6-9 p.m.)**

A confidential hotline for teenagers, staffed by trained teens.

#### Directing Change launched in 2012 and is a

**suicide prevention and mental health development program that draws on developmental and educational theory in its approach.** By following the program's submission guidelines to create short (30- and 60-second) films or art projects, students learn about suicide prevention, mental health and other social justice and critical health topics; discuss and apply that knowledge in peer groups; and communicate positive, youth-focused, action-oriented messages to peers and adults in their communities. The program is free to schools and supported by the California Department of Education.

Directing Change is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote the mental health and wellness of students. These initiatives are funded by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CaMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities. For more information visit: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).