

4-7-8 BrEaThing TecHniqUe This is a breathing exercise that can be done anywhere, anytime to aid in stress reduction, grounding and even sleep.



Take a deep breath and...

- 5 Name Five things you see around you.
- **4** Name **Fur** things you can touch around you. $\sqrt{h_{\eta}}$
- **3** Name **Three** things you hear. $-\xi$
- 2. Name TwO things you can smell.

hing you can taste.

Grounding With Your Five SenseS

Today, I am grateful for_____

Today, I am feeling _____



Express Yourself!

Create a film, song, narrative or piece of art and submit for an opportunity to win prizes and recognitions.

Annual Film Contest:

- Suicide Prevention
- Mental Health
- Walk in Our Shoes
- Through the Lens of Culture

Monthly Art & Film Contests:

Hope

What helps you get through tough times? What do you see or experience in your life or community right now that gives you hope for the future?

Justice

What changes do you want to see in your community? What can young people do to take a stand against injustice?

Check the website for contest rules, special topic prompts, prizes and deadlines.

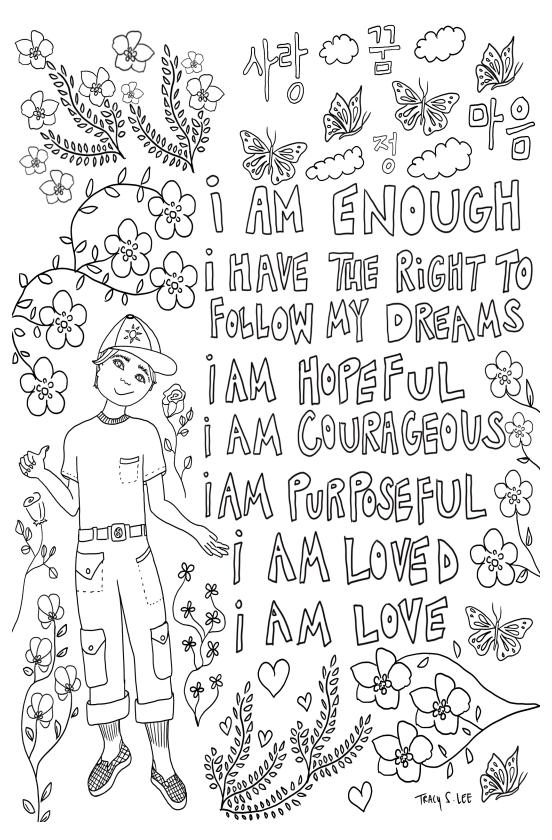
www.DirectingChangeCA.org

Self Affirmation

We all want to make others proud of us, but navigating pressures from family members, cultural expectations, and societal norms can wear us down. When this happens, it's important that we build ourselves back up. Self-affirmations remind us of our worth, defend against stress, and can help us weather difficult circumstances.

Self-affirmations should be authentic to you and your beliefs. Think of some statements you can use to remind yourself of your strengths and abilities, as well as what you are grateful for or working toward. Focus on these statements regularly – such as every morning or before bed – but especially when you need to ground yourself or shift your mindset. (You can also use the examples below as inspiration if you're not sure where to start.)

- I am enough and am loved by friends and family.
- I believe in myself and will reach my goals.
- I have come so far already and will keep improving myself each day.
- My life is full of potential, and I am grateful for the opportunities in front of me.



Today, I am grateful for_____

Today, I am feeling _____

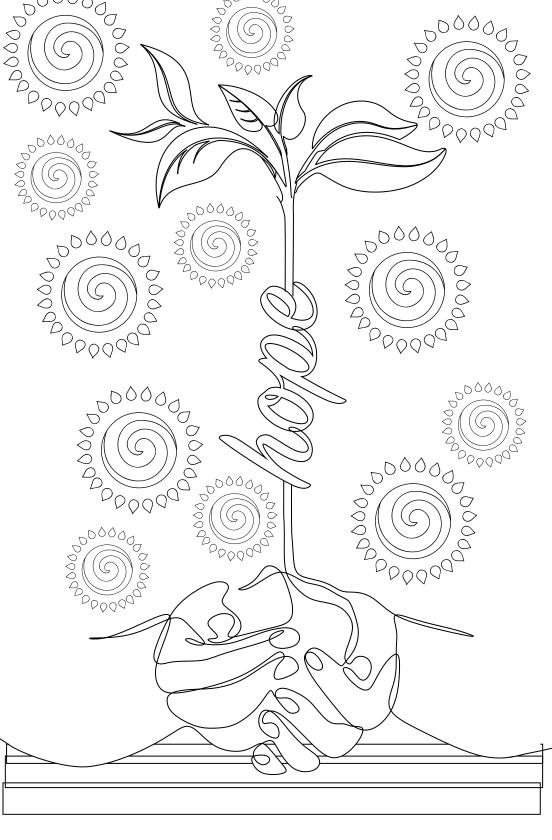
Youth Suicide Warning Signs

Talk to a trusted adult or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss or change.

- **1**. Talking about or making plans for suicide
- 2. Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- 4. Showing worrisome behavioral cues or changes in behavior, such as:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

If you are concerned about someone, reach out and ask: "Are you thinking about suicide?"

Whatever you're going through, you're not alone. If you're in pain or concerned for someone else, call or text **988**, or chat **988lifeline.org** to reach the Suicide & Crisis Line (24/7). You can also visit **suicide**is**preventable.**org for more information.

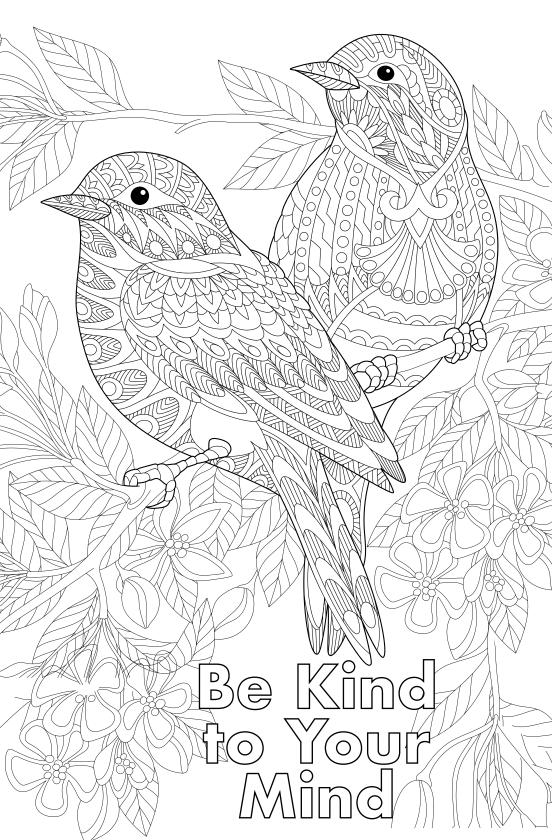


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Today, I am grateful for _____

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Today, I am feeling _____





Teen Line: Call **1-800-852-8336** (from 6 p.m. to 10 p.m. PST) Text **TEEN** to **839863** (from 6 p.m. to 9 p.m. PST) Offering anonymous support for teenagers by phone, text or email. No problem is too small, too larger, or too shocking for the trained Teen Line volunteers.

Crisis Text Line: Text HOPE to 741-741

Connect with a crisis counselor 24/7 to receive high-quality text-based mental health support and crisis intervention.

Suicide & Crisis Lifeline:

Call or text 988, or chat **988lifeline.org.** Trained counselors are available 24/7 to offer support.

Trans Lifeline: 877-565-8860

A 24/7 lifeline run by and for trans people, providing direct emotional and financial support to trans people in crisis.

The Trevor Lifeline: 866-488-7386

The Trevor Project is the leading national organization providing 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Create, Compete, SAVe Lives

The Directing Change Program holds film and art contests for young people in California to learn about the topics of suicide prevention and mental health. By creating short films or art projects, you can learn about suicide prevention, mental health, social justice, and other health topics; share what you've learned with others; and communicate positive messages to peers and adults in your community that will inspire them to take action. Win cash prizes and make a

difference! To learn how you can get started visit:

www.DirectingChangeCA.org









