

## PAHINGA ANG IYONG ISIP THRIVAL KIT

4-7-8
BREATHING
TECHNIQUE

This breathing exercise can help with stress and even sleep. Breathe in for a count of 4, hold for 7 seconds, and then breathe out for 8 seconds. Repeat!



Take a deep breath and name... Huminga ng malalim at ipangalan...

things you see around you mga bagay sa iyong paligiran



things you can touch around you mga bagay ng pwedeng hawakan



things you hear bagay na naririning



things you can smell mga bagay na naaamoy



thing you can taste bagay na maari mong tikman



## GROUNDING WITH YOUR FIVE

Today, I am grateful for	
Ako ay buong pusong nagpapasalamat	_

Today, I an	n feeling	J					
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Ngayon, ang aking pakiramdam

### **ISULAT MO!**

### Write It Out!

Tandaan na may maraming paraan upang ipahayag ang iyong sarili at ang mga damdamin: pwede kang gumuhit, magsulat ng tula, mag-bullet journal at higit pa. Narito ang ilang mga opsyon para makapagsimula. Halika na.

Remember that there are different ways to express yourself and your feelings: you can draw, write a poem, bullet journal and more. Here are some prompts to get you started. Let's go.

- Ano ang kailangan ko ngayon?
  What do I need right now?
- Sino ang kinakausap mo kapag may problema ka? Who do you talk to when you have a problem?
- Ano ang tatlong bagay na nagpapagaan sa iyong pakiramdam kapag ikaw ay nalulungkot?
  What are three things that make you feel better when you are feeling down?
- Ano ang pinakamagaling mong panaginip? Isipin na kahit anumang bagay ay pwedeng mangyari!
  What is your wildest dream? Imagine anything is possible!
- Kailan ka huling tumulong sa isang kapwa tao, anong naramdaman mo?
  When was the last time you helped someone, how did it make you feel?

Submit narratives, poems and art for prizes: www.DirectingChange.org/contest



### **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



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Today, I am feeling
Ngayon, ang aking pakiramdam

## **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
- 3. 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 suicideispreventable.org for more information.

## Mga Babala sa Pagpapakamatay ng Kabataan

Makipag-usap sa pinagkakatiwalaang tao o makipagugnayan sa taong inaalala mo kung napansin mo ang isa o higit pa sa mga babalang ito, lalo na kung may bagong pag-uugali, o may nauugnay sa isang masakit na kaganapan, pagkawala o pagbabago.

- 1. Pinag-usapan o gumagawa ng planong magpakamatay
- 2. Pagpapahayag ng kawalang pag-asa sa kinabukasan
- 3. Pagpapakita ng matinding emosyonal na sakit o pagkabalisa
- 4. Pagpapakita ng nakakabahalang mga pag-uugaling pahiwatig o pagbabago sa paguugali, katulad ng:
  - · Pag-aalis sa o pagbabago sa mga taong koneksyon/situwasyon
  - Mga pagbabago sa pagtulog (sobra o kulang)
  - Kagalitan na wala sa karakter o wala sa kontekst
  - Nadagdagang pagkabalisa o pagkamayamutin

Kung nag-aalala po kayo tungkol sa isang tao, makipag-ugnayan at magtanong:

### "Iniisip mo bang magpakamatay?"

Anuman ang iyong pinagdadaanan, hindi kanag-iisa. Kung ikaw ay may sakit o nag-aalalapara sa ibang tao, tawagan o mag-text sa **988**, o makipag-chat sa **988lifeline.org** para abutin ang Suicide & Crisis Line (24/7). Maaari mo ring bisitahin ang suicideispreventable.org para sa mga impormasyon.



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### May Makakatulong Sa Inyo

### Someone Is There to Help You

#### **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 large, 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.

# SAMA SAMA TAYONG LAHAT We Are All Together

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



This journal was adapted for the Filipino community in partnership with Search to Involve Philipino Americans (SIPA) Youth Leaders and Giovanni Ortega.

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