



**MENTAL
HEALTH
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!

숨을 들이쉬다



숨을 참다



숨을 내쉬다

Take a deep breath and name...

심호흡을 하고 (다음) 말씀하십시오

5 things you see around you.

당신이 주변에서 보는 5 가지를



4 things you can touch around you.

당신이 주변에서 만질 수 있는 4 가지를



3 things you hear.

들리는 3 가지를



2 things you can smell.

당신이 냄새 맡을 수 있는 2 가지를



1 thing you can taste.

당신이 맛을 느낄 수 있는 1 가지를



GROUNDING WITH YOUR FIVE SENSES

Today, I am grateful for _____
오늘은, …에 감사합니다

Today, I am proud of _____
오늘은, ...가 자랑스럽습니다

Ways to Cope

Tough times are part of life. Coping is how we draw on the inner strength and resilience that allows us to keep going, protecting us when we might feel like giving up.

☺ *Get Creative*

Create something! Becoming absorbed in creative activities has been shown to help our minds combat stress and can help break negative thought patterns.

☺ *Use Your Imagination*

Imagining positive future events or daydreaming about people we care about can increase happiness. Visualizing ourselves doing tasks (a technique called “mental rehearsal”) can help us perform them more effectively in everyday life.

☺ *Talk It Out*

Stay connected to those who matter to you. Talk openly about any challenges you are facing with someone supportive. You are not alone in your journey.

☺ *Rest*

Productivity is important, but so is rest. We can't function optimally when we're exhausted.



Both mental health and physical well-being factor into our overall productivity and focus. Self-care helps us check-in with ourselves, recharge and can even improve cognitive function and problem-solving. Investing in self-care reminds us of our value and helps us be the best version of ourselves we can be!

Ways to Cope that work for me

Buy or Pick
Some Flowers
(and smell them!)

Make Some Music

Drink a comforting
beverage

Write
or Read
Poetry

Write down one thing
you are thankful for

Dance!

Watch the
Stars

Watch the Clouds

do 20
Jumping
Jacks

Turn OFF all
ELECTRONICS

Take
deep
Belly
Breaths

Time how long
you can balance
on 1 leg

Move twice
as slow

Visualize a
Peaceful Place

Talk
to
Someone

Puzzles

Take a
Shower or
Bath

Journal

Touch
Something
Soft

Drink
water

Walk or
Sit Still in
Nature

10 9 8 7 6 5 4 3 2 1
Close your
Eyes and count
Backwards

Clean,
declutter,
organize

EXERCISE

Read

Draw,
doodle,
Paint,
or
Color

Play with
Slime

Write a kind note
to someone

Rest your
feet

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Today, I am grateful for _____
오늘은, ...에 감사합니다

[illegible]

Today, I am proud of

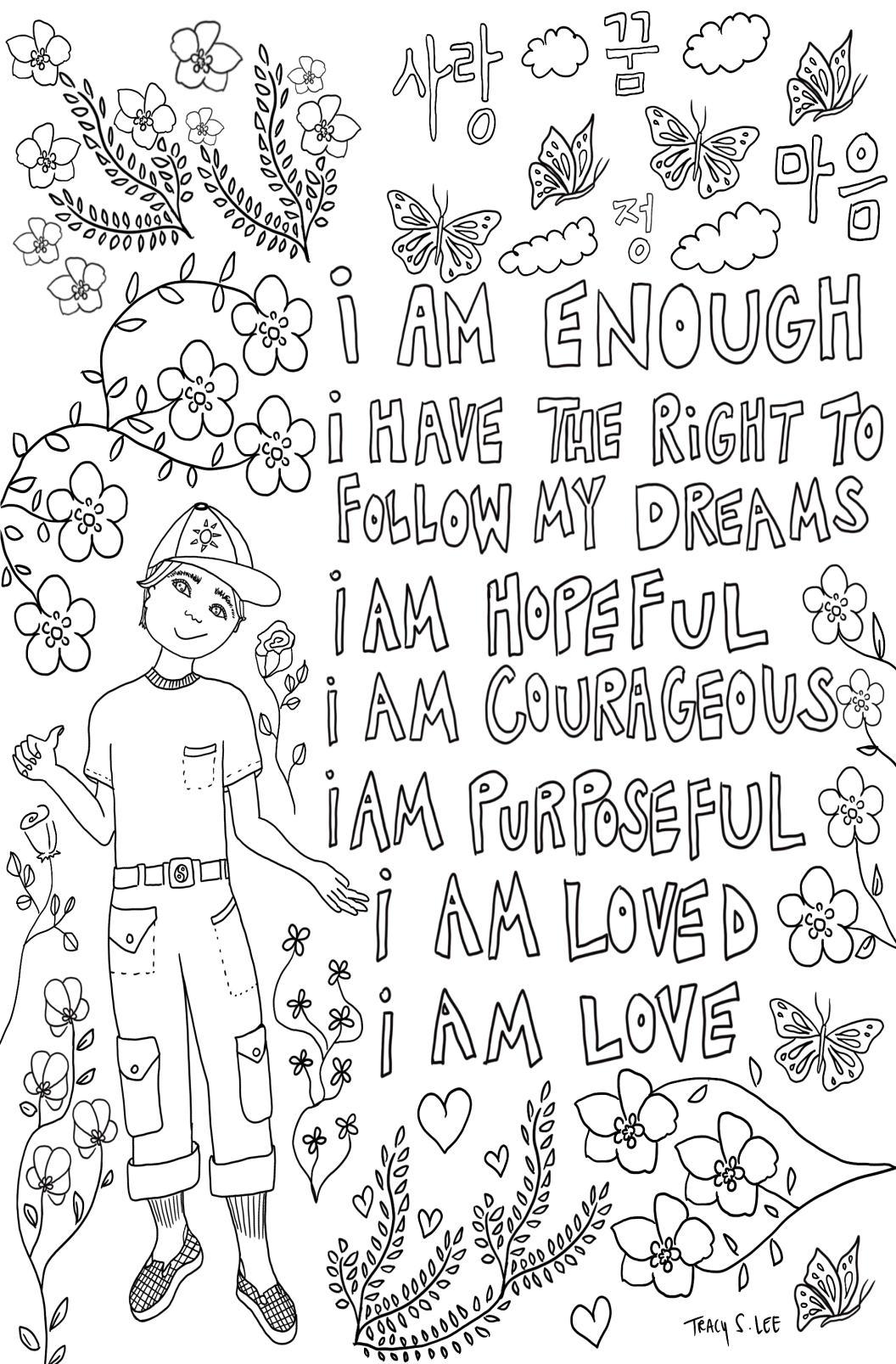
오늘은, ...가 자랑스럽습니다

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.)

- ☺ 위의 것들 중 하나를 선택하거나 한국어로 직접 창작하십시오
- ☺ 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.



사랑 꿈 마음
저

i AM ENOUGH

i HAVE THE RIGHT TO
FOLLOW MY DREAMS

i AM HOPEFUL

i AM COURAGEOUS

i AM PURPOSEFUL

i AM LOVED

i AM LOVE

TRACY S. LEE

Handwriting practice grid consisting of 20 rows of dotted lines on a light blue background.

Today, I am proud of _____
오늘은, ...가 자랑스롭습니다

Handwriting practice area consisting of a grid of dots for tracing or writing practice.

Today, I am grateful for _____
오늘은, ...에 감사합니다

Write It Out!

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.

당신이 살아야 할 이유에 대해 생각해 보십시오. 당신에게 기쁨을 가져다 주거나, 희망을 주거나, 목적 의식으로 당신을 채우는 세 가지 또는 세 명을 적어 보십시오.

- ☺ Think about your reasons for living. Write down three things or people that bring you joy, give you hope, or fill you with a sense of purpose.

당신 자신에 대한 가장 큰 꿈은 무엇입니까? 가장 이루고 싶은 것은 무엇이며, 이 꿈이 당신에게 중요한 이유는 무엇입니까? 목표를 향한 길에서 이미 어떤 단계를 밟았습니까?

- ☺ What is the biggest dream you have for yourself? What do you most want to accomplish and why is this dream important to you? What steps have you already taken on the path to your goal?

가장 만들기 좋아하는 레시피는 무엇입니까? 그 레시피와 연상되는 기억에 반영하여, 적어 주십시오. 요리하는 것은 어떤 느낌을 들게 합니까?

- ☺ What's your favorite recipe to prepare? Write it out, reflecting on any memories you associate with that recipe. How does preparing it make you feel?

당신이 친구, 가족 또는 지역 사회를 지원하는 방법에는 어떤 것들이 있습니까? 다른 사람을 돕는 것은 어떤 느낌을 들게합니까?

- ☺ What are some ways in which you support your friends, family or community? How does helping others make you feel?

Submit narratives, poems and art for prizes:

www.DirectingChangeCA.org



the **Hope & Justice** Category

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

Today, I am grateful for _____
오늘은, ...에 감사합니다

Today, I am proud of _____
오늘은, ...가 자랑스럽습니다

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.

자살의 위험 신호들

자살을 생각하는 사람들은 심한 절망감을 느낍니다.

아무도 자신을 도울 수 없다는 생각과
다른 사람에게 짐이 되지 않고 싶은 마음
자살을 고통의 유일한 해결책으로 여기는 상황이 발생할
수 있습니다.

만약 친구나 가족이 평상시와 다른 다음과 같은 행동을
보인다면 즉시 다가가서 도움을 제공해 주십시오.

- 죽고 싶다고 하거나 자살에 대해 언급
- 자해나 자살 도구를 마련함
- 사랑하는 이에게 ‘더 잘해 주고 싶었는데 그렇게 하지 못해 미안하다’는 말을 함
- 삶의 목표 상실
- 주변 사람들에게 계속 실망을 안겨 준다고 생각함
- 절망감, 자포자기, 갇혀 있는 느낌
- 자기 소지품을 남에게 주는 행위
- 사람들과 관계를 멀리함
- 주변정리를 하는 듯한 행동
- 위험을 감수하는 행동
- 분노
- 약물이나 알콜 사용 증가
- 불안증세나 심한 흥분
- 불면증이나 과도한 수면
- 기분의 갑작스런 변화

누군가에 대해 염려가 된다면, 손을 내밀어 다음과 같이 질문하십시오:

"자살을 생각하고 있으십니까?"

당신이 어떤 일을 겪고 있든, 당신은 혼자가 아닙니다. 당신이 고통 중에 있거나 또는 다른 사람이 염려된다면, 988에 전화를 하거나 문자를 보내거나, 또는 988lifeline.org에서 Suicide & Crisis Line (24/7) (자살 및 위기 전화)를 통해 말씀을 나누십시오. 또한 suicideispreventable.org 를 방문하셔서 좀 더 자세한 정보를 얻으실 수 있습니다

Resources

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:

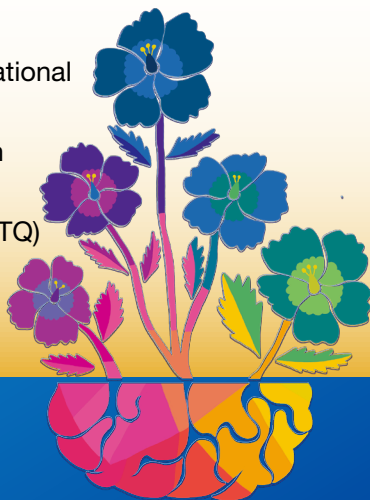
877-565-8860

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.



“위의 것들 중 하나를 선택하거나 한국어로 직접 창작하십시오”

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



Hope &
Justice

This journal was adapted for the Korean American community in partnership with The K.W. Lee Center for Leadership, and young people from the community. Cover art and coloring pages provided by Tracy Lee.