MENTAL HEALTH
TIPS

CIRCLE OF CONTROL

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OUT OF MY CONTROL

What my family says or does

Unexpected changes

Other people's actions

What I see on the news

Whether someone texts back

What's trending or going viral

Being misunderstood

Whether people include me

The past

What others think of me

IN MY CONTROL

- How I respond
- Taking deep breaths
- Asking for help
- What I focus on
- Who I talk to
- How I talk to myself
- My boundaries
- Speaking kindly to myself
- Choosing hope
- Taking care of my body
- How I treat others
- What I choose to believe about myself
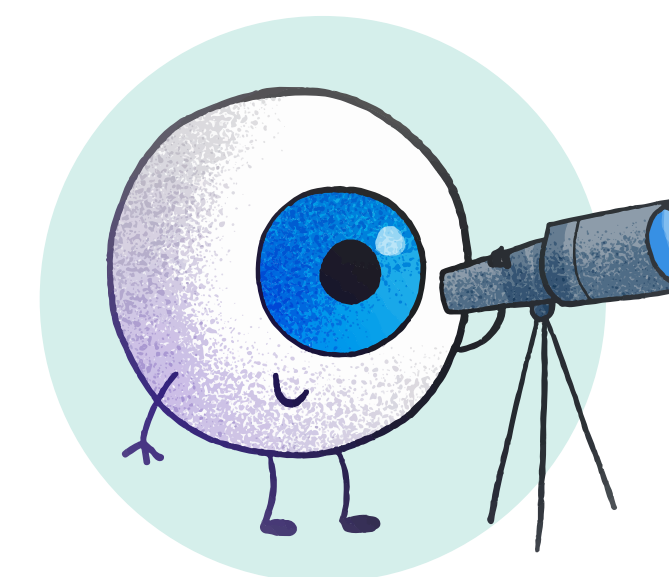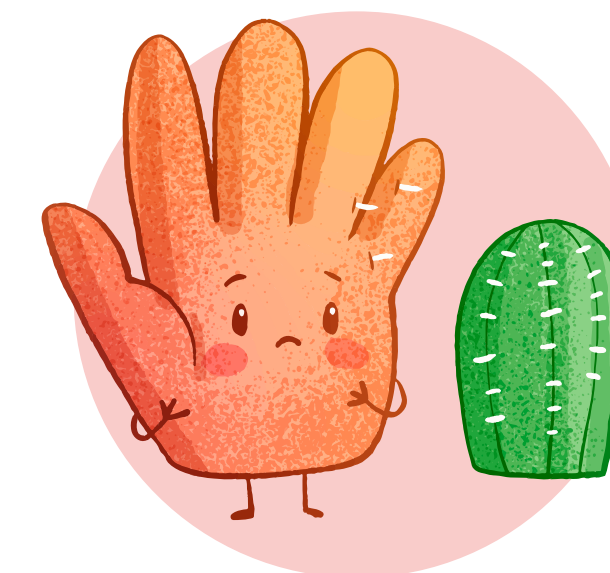
When life feels overwhelming, it helps to pause and remember: not everything is mine to carry. Focusing on what is in your control helps you breathe, reset, and take one small step forward. Let this be your reminder—you don't have to do it all, and you're never alone.

HOW TO STAY GROUNDED

1. Look around and name **5 things you can see**
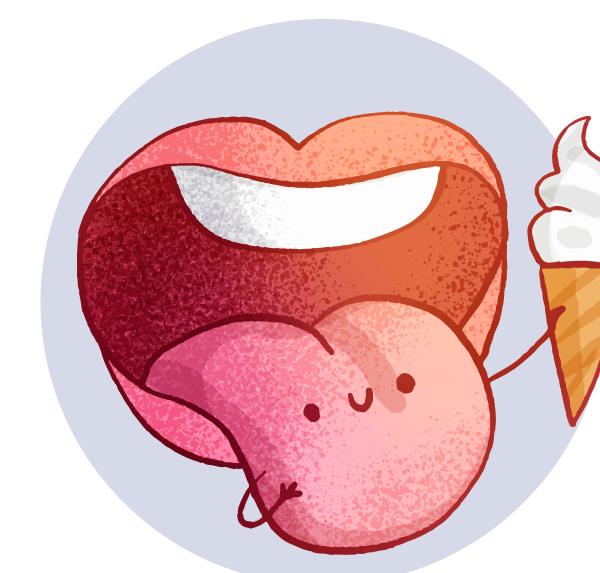(a color, a pattern, something near, something far)

2. Notice **4 things you can touch**
(your clothes, the chair, your desk, a hug)

3. Tune into **3 things you can hear**
(birds, background noise, yourself breathing, traffic)

4. Find **2 things you can smell**
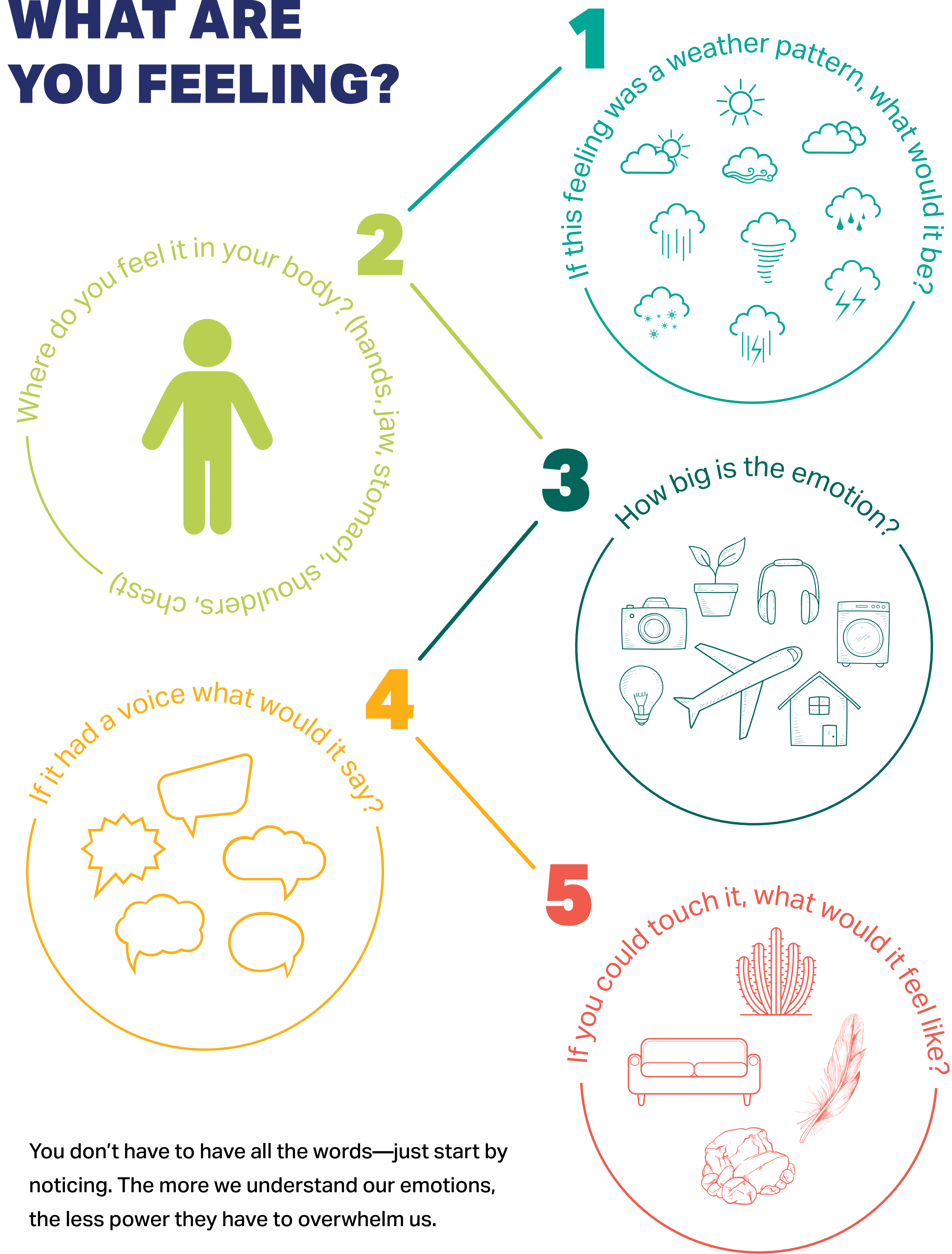(a candle, your hoodie, fresh air, a flower)

5. Pay attention to **1 thing you can taste**
(a sip of water, gum, a mint)

When your thoughts feel loud or your heart is racing, try this grounding exercise. It won't fix everything—but it can help you feel present and steady.

IDENTIFYING
YOUR
EMOTIONS

WHAT ARE YOU FEELING?

1 If this feeling was a weather pattern, what would it be?

2 Where do you feel it in your body? (hands, jaw, stomach, shoulders, chest)

3 How big is the emotion?

4 If it had a voice what would it say?

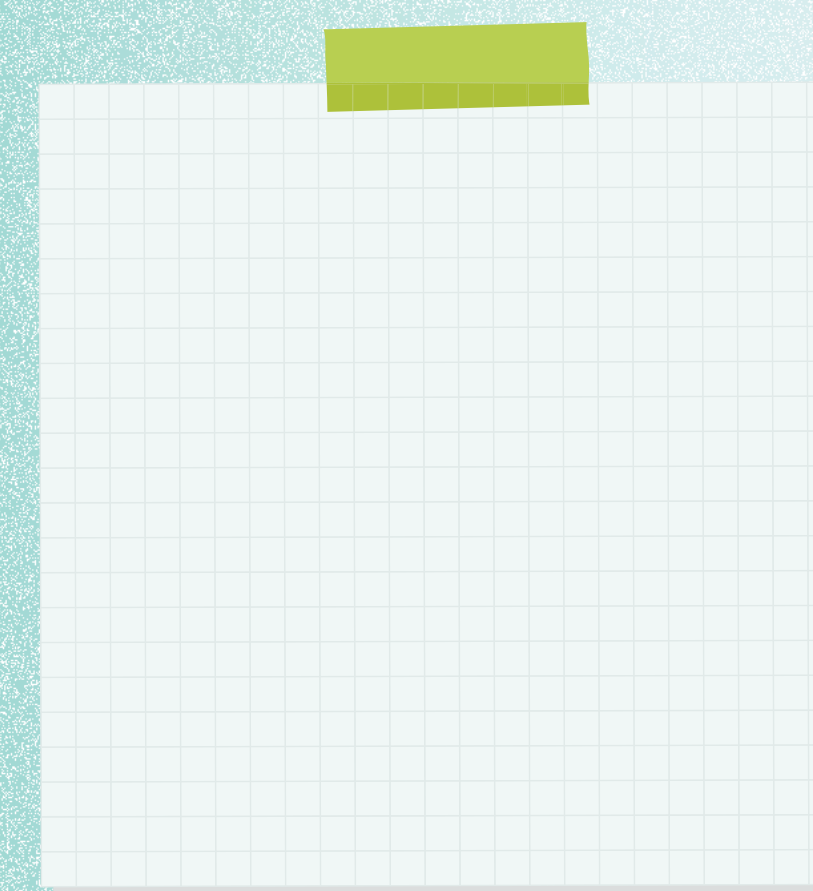**5** If you could touch it, what would it feel like?

You don't have to have all the words—just start by noticing. The more we understand our emotions, the less power they have to overwhelm us.
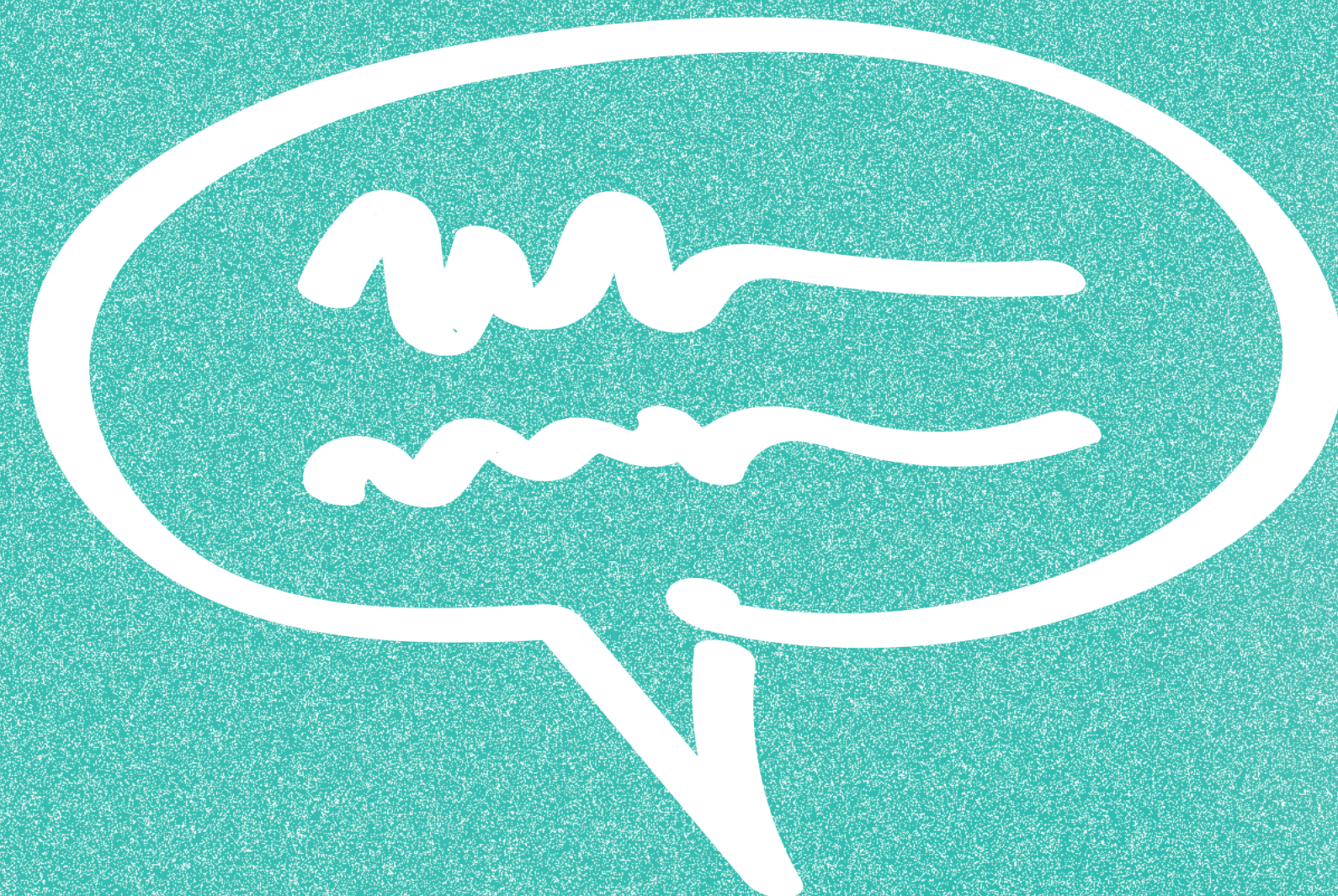
DON'T UNDERESTIMATE GRATITUDE

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PEOPLE I'M GRATEFUL FOR

PLACES I'M GRATEFUL FOR

MEMORIES I'M THANKFUL FOR

PARTS OF MYSELF I'M THANKFUL FOR

THINGS I'M GRATEFUL FOR TODAY

OTHER:

When life feels heavy, gratitude doesn't erase what's hard, but it focuses us on the beautiful things we have in front of us. Noticing even one small good thing—a kind word, a deep breath, a moment of peace—can shift how we see the world and ourselves.

HOW TO TAKE A MENTAL HEALTH DAY (WHILE IN SCHOOL)

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*Taking a **mental health day** doesn't mean skipping school...*
Here's how to do it!

● Before School:

→ Listen to music that calms or hypes you up
→ Pack a snack you really like
→ Write an encouraging note to yourself and put it in your lunch box. (have an illustrated note on a piece of lined paper that says "You've got this!!" or something similar)

● During the Day:

→ Take some deep breaths between classes
→ Sit with people who encourage you during lunch
→ Text someone who makes you feel safe
→ Ask for help when you're overwhelmed

● After School:

→ Go outside for a walk or fresh air
→ Take a break from your phone
→ Journal or draw
→ Let yourself rest

Reminder:

Even if life is busy, you *can* make space for your mental health. You're worth caring for—every single day.

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