

CRISIS TEXT LINE

# MENTAL HEALTH STUDENT PLAYBOOK

High  
School

It's time to prioritize your mental health and self-care this school year!

This Mental Health Student Playbook is designed to help you reduce stress and anxiety by supporting you in key areas of wellness and greatness.

Need to vent?

Text **SCHOOL** to **741741**

# GET READY TO HAVE AN AWESOME SCHOOL YEAR

Staying organized and establishing a routine can help you feel less stressed and anxious. Sounds good right?

We believe that wellness is crucial in all aspects of life, but we know it can be challenging to know where to begin and that's why we designed this easy-to-follow Mental Health Student Playbook for you!

## How to use your playbook

This playbook is crafted to support your mental health by offering ideas, encouragement, and prompts to assist you in managing stress and anxiety. Remember to carve out time and space for yourself after school to reflect on your day and plan strategies to enhance your mental well-being and improve how you feel. Let's give it a try!

## What's in the playbook?

### Affirmations

Repeat these affirmations as often as needed. Say them in front of a mirror, out loud or quietly, whether alone or before, during or after school. Internalize and believe them.

### Visualization Activities

Take action by allowing yourself to visualize the things you want for yourself. Make sure to sketch it and/or write it down to solidify your visualization efforts.

### Inspirational Quotes

We're bringing you some motivational quotes to keep you inspired. A little boost of positivity to remind you that you're capable and ready to succeed.

### Challenges

Embrace new experiences with an open mind. Use the pages in this playbook as often as you wish and track your progress. Reflect on how each challenge made you feel. Use a journal or a notes app on your phone to record your thoughts and reflections.

*lll*



I surround myself  
with people who  
treat me well.

I am open to new  
possibilities and  
opportunities.

I love myself  
deeply and  
completely.

## MINDSET BOOSTER: Affirmations Edition

Boost your mindset with these positive affirmations and powerful words to uplift and replace negativity with self-empowerment. Say goodbye to self-doubt and hello to positivity!

I will grow and learn from  
my relationships with my  
friends, family and partners.

I learn from the  
challenges in my life.

# GLOW-UP CHECKLIST

Our Glow Up Checklist is your ultimate tool to get organized and prioritize your mental health while juggling school life.

This checklist helps you stay on top of your game by offering practical steps to manage your time, set achievable goals, and create a balanced routine. Our checklist ensures you're not just surviving but thriving in your academic journey.

Use it to stay focused, reduce stress, and keep your well-being front and center as you tackle your school year.

## Mood

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## Water Intake

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### Breakfast

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### Lunch

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### Dinner

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### Snacks

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How did you connect with family and friends?

What activities brought you joy?

Which coping skills did you use?

Notes:

Your imperfections make you beautiful, they make you who you are. So just be yourself, love yourself for who you are and just keep going.

Demi Lovato

If there's any definition to being perfect, you're perfect at being yourself.

Zendaya

## DAILY DOSE OF INSPO

Dive into our mini collection of inspirational quotes and let them be your daily fuel for motivation and positivity!

Use them to kickstart your day with a boost of energy, or pull them out whenever you need a quick pick-me-up.

Constance Wu

Remember, these quotes are here to inspire you, uplift you, and remind you that you've got what it takes to shine brightly!

Priyanka Chopra-Jonas

You're never going to please everyone, and if you do, there's something wrong.

You have to find support. Find someone you can talk to. It doesn't have to be a therapist only but your mother, a friend or someone else.

Think of a quiet and peaceful place.

Now, notice how this place smells, its temperature, lighting, any soft noises, its size.

Write how it makes you feel.

Close your eyes and think about your favorite vacation spot.

Draw your dream destination.



## VISUALIZE & THRIVE

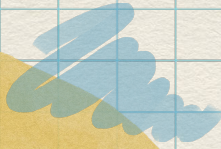
Our visualization activities are here to help you unlock your full potential and make your goals come alive!

Use these activities to picture your success, set clear intentions, and boost your confidence. Grab a quiet space, let your imagination run wild, and start mapping it all out.

It's all about seeing it to believe it, and turning those dreams into your everyday reality!

Draw a big red stop sign

Then stop and think about your current feelings and thoughts – if they're causing you stress, try redirecting them into positive ones.



Where do you see yourself after graduating?

Map out the next stage of your life.

# MY WELLNESS CHALLENGE

You are your biggest competition and the best person to help you level up, so challenge yourself to something new, bigger, different, fun and good for you.

From pushups at the park to trying out meditation, these challenges are all about helping you build healthy habits and find your inner calm. Write down your personal challenge, give it a go, and watch how small, mindful actions can make a big difference in your day.

It's time to embrace each day with a fresh mindset and take on the world with a healthier, happier you.

## TODAY I Challenge Myself to:

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# BE PREPARED: Develop a mental health emergency plan



Add Contact



Learn More

When I feel stressed, here are three things I can do to feel more calm:

Three people I can reach out to if I'm struggling:

Three things I do for self care that often makes me feel better:

Resources I can turn to if I need support:

Our Mental Health Crisis Plan is your new go-to guide for navigating tough times with confidence and support! We know that school can be overwhelming, and everyone faces challenges now and then.

This plan is designed to be your safety net, offering you the opportunity to identify clear next steps and to help you manage stress, anxiety, and any other mental health hurdles that come your way. Keep it handy and remember: it's okay to ask for help. Together, we've got this!



# EXPLORING COPING Techniques

Learn more at [crisistextline.org/  
back-to-school-essentials](https://crisistextline.org/back-to-school-essentials)

These effective and easy-to-follow techniques will come in handy for handling life's ups and downs with ease and confidence! Whatever you choose to do, it's all about finding what works best for you. Share these techniques with friends and make self-care a part of your daily routine.

## Take time to rest

Giving yourself time to rest physically and mentally will help you reset and clear your mind.

## Listen to music

Pick an upbeat tune to feel energized or go for that slower beat for a soothing and relaxing effect on your mind and body.

## Connect with loved ones

Quality time with your core circle is key. Find a moment to meet with them, talk, text or joke together. Having a support system is a game changer!

## Play with pets

It helps diminish feelings of loneliness and depression. If you don't have pets, visit a nearby shelter and show those little critters some love!

## Take it slow with meditation

Doing this can provide a sense of calm, balance and relaxation. Find a quiet place to connect with yourself and your senses.

## Seek mental health support

Need additional support? Consider reaching out to [Crisis Text Line](https://crisistextline.org) by texting **SCHOOL** to **741741** or contacting mental health professionals in your area.

## Create art

Practice a hobby or try something new. These activities can help with feelings of stress and burnout and allow you to be present in the moment.

## Tune into TV, video or podcasts

Your favorite show can be a healthy temporary coping skill to lower anxiety. Some shows offer new perspectives and learning opportunities.

## Let's get physical

Choose an activity that best suits you. Exercise can help boost your mood, decrease anxiety and depression and improve sleep quality.

## Get lost in a good book

It'll help relax and distract your mind, and can significantly help decrease your stress.