

CRISIS TEXT LINE |

# MENTAL HEALTH STUDENT PLAYBOOK

Middle  
School

Are you ready to prioritize your mental health and self-care this school year?

Our Mental Health Student Playbook is here to help you feel less stressed and anxious by guiding you in important areas of wellness and awesomeness.

Need to vent?

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

# PREPARE FOR AN AMAZING SCHOOL YEAR AHEAD!



If you want to feel less stressed and worried, staying organized and having a routine can help! We believe that feeling good is important in every part of life, but we know it can be tough to figure out where to start.

That's why we created this simple and fun Mental Health Student Playbook just 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 to yourself 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 them and write them 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. Find a quiet spot where you can be honest with yourself, and use a journal or a notes app on your phone to record your thoughts.



My voice and  
opinion matter.

I can do whatever  
I focus my mind on.

## MINDSET BOOSTER: Affirmations Edition

I am good  
enough.

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 am not trying to fit  
in because I was born  
to stand out.

I channel my  
emotions into  
healthy outlets.

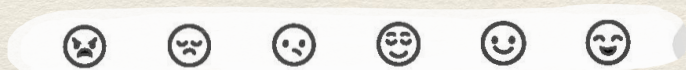
# GLOW-UP CHECKLIST

It provides practical steps to manage your time, set achievable goals and maintain a balanced routine. With this checklist, you'll not only survive but thrive in your academic journey.

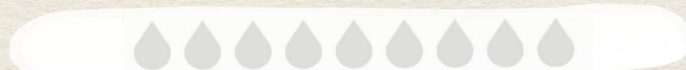
Our Glow Up Checklist is the perfect tool to help you get organized and prioritize your mental health while handling school life.

Use it to stay focused, reduce stress and keep your well-being a priority throughout the school year. You got this!

## Mood



## Water Intake



### Breakfast

An orange rectangular box with a green header containing the text "Breakfast". Below the header are four horizontal white lines for writing.

### Lunch

A green rectangular box with a yellow header containing the text "Lunch". Below the header are four horizontal white lines for writing.

### Dinner

An orange rectangular box with a green header containing the text "Dinner". Below the header are four horizontal white lines for writing.

### Snacks

A green rectangular box with a yellow header containing the text "Snacks". Below the header are four horizontal white lines for writing.

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

All the people who knock me down, only inspire me to do better.

Selena Gomez

## DAILY DOSE OF INSPO

Explore our mini collection of inspirational quotes and let them fuel your daily motivation and positivity!

Reflect on these quotes during your breaks, share them with friends to spread good vibes, or simply take a moment to absorb their wisdom.

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

Beyoncé

Power means happiness; power means hard work and sacrifice.

Everything negative - pressure, challenges - is all an opportunity for me to rise.

Kobe Bryant

Write 5 words that  
inspire you

And read them to  
yourself out loud.

Close your eyes and  
imagine one of your  
school goals.

Dive into this mental  
image and notice the  
feelings that arise.

Now, map out how you  
will achieve this goal.



## VISUALIZE & THRIVE

These visualization activities are here to help you unlock your full potential and bring your goals to life! Jump into these exercises to create vivid mental images of your dreams.

Use them to envision your success, set clear intentions and boost your confidence. Find a quiet spot, let your imagination soar and start planning your path.

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

Reflect on a time you  
were happy at school  
and allow yourself to  
relive that joy.

Write down what was special.

Visualize 5 of your  
hopes and dreams

And write them  
down in detail.

# MY WELLNESS CHALLENGE

Challenge yourself to something new, bigger, different, fun and beneficial for you.

Whether it's getting better in whatever sport you play or trying out some breathing exercises, these challenges aim to help you build healthy habits and discover your best self.

Write down your personal challenge, give it a try and see how small, mindful actions can significantly impact your day.

## 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!