

YOUR MENTAL WELLNESS

There's SO MUCH going on in our world today. So much information at our fingertips, sometimes TOO MUCH, and so much going on in everyone's personal lives. It's hard to know what to do sometimes, how to cope, or how to help a friend who is struggling.

In general, teens today experience more psychological stressors than previous generations. From fear of failure, rejection and loneliness, to depression, anxiety and learning disorders – and the list goes on. And even though research is showing an increased need for mental health resources for teens, there are still many who don't think that mental health is just as important as physical health. What affects the mind and heart affects the body, and vice versa. More and more teens are seeking professional help when needed, but there are still plenty of stigmas and misinformation out there about the importance of being proactive about our mental wellness.

SO WHAT CAN YOU DO TO MAINTAIN OR IMPROVE YOUR MENTAL WELLNESS? TRY THIS!

BUILD A SELF-CARE KIT!

Creating your own, personalized self-care kit is a great way to be proactive about mental wellness. We all need to slow down and take better care of ourselves. This kit can help remind you to take a break from social media and other distractions and just take care of you! And when you take care of YOU you'll find other areas of your life feel more balanced, too. Once you've made your own self-care kit, you can help a friend create one, too. Find a box or basket, or make a container of your own, and add the following:

(Source: <https://www.parents.com>)



TOOL 1

Hotlines and Online Help

Make a list of hotlines and websites who are there to help 24/7 such as:

- Boys Town National Hotline 1-800-448-3000
- yourlifeyourvoice.org
- www.Stopbullying.gov
- Call 988 (Mental Health Crisis Line)
- www.thetrevorproject.org

TOOL 2

Put in a Sentimental Item or Two

Something that will inspire you and remind you that you are loved, such as a stuffed animal, favorite t-shirt, plush blanket, photos, etc.

TOOL 3

Add Calming Items

Such as essential oils, herbal teas, stress ball or fidget toy, or a CD of soothing sounds or favorite music.

TOOL 4

A Reminder to Move or Stretch

Such as a picture of someone walking the dog, athletic shoes or workout clothes. (Exercise is scientifically proven to boost your natural feel-good hormones).

TOOL 5

A journal or drawing paper with some cool pens or pencils.

TOOL 6

A Favorite Book

TOOL 7

A List of People You Know (Their Phone Numbers)

that you can reach out to anytime. For example - extended family members such as aunts, cousins, grandparents, a clergy member or youth minister from your place of worship, a family therapist, a teacher, or neighbors.

LINKS FOR POSITIVE COPING RESOURCES

Use each QR code below to access more information on how to better understand and help to prevent each of the topics addressed in RESPECT's programs for Coping in Crisis and Choices.

DRUG & ALCOHOL ABUSE



store.samhsa.gov/sites/default/files/SAMH-SA_Digital_Download/PEP21-03-03-001.pdf

TEEN DATING VIOLENCE



loveisrespect.org/everyone-deserves-a-healthy-relationship.pdf

PEER PRESSURE



kidshealth.org/en/kids/peer-pressure.html

BODY IMAGE



yourlifeyourvoice.org/Pages/What-Is-Body-Image.aspx

SELF INJURY



yourlifeyourvoice.org/Pages/tip-self-injury.aspx

DEPRESSION & SUICIDE



moretomorrowsne.org

PREVENTING RACISM & BIAS



projects.iq.harvard.edu/antiracismresources/bipoc/kids

BULLYING



stopbullying.gov

SPECIAL NEEDS/LEARNING ISSUES



mentalup.co/blog/do-learning-difficulties-test

INCOME INEQUITY



oecd.org/social/inequality-and-poverty.htm

GENDER ISSUES



therevorproject.org/resources

SELF CARE



youtu.be/Rmbj982dqY

CONNECT WITH RESPECT!

www.respect2all.org
402-965-1425
info@respect2all.org



respect2



respect2all_nebraska

FOR MORE HELP CHECK OUT THESE RESOURCES

- [Stopbullying.gov](https://stopbullying.gov)
- [Boys Town National Hotline 1-800-448-3000](https://www.boys-town.org)
- [Suicide and Crisis Life Line Dial 988](https://www.suicideline.org)
- [YourLifeYourVoice.org](https://yourlifeyourvoice.org)
- [TheKimFoundation.org](https://www.thekimfoundation.org)



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