

REMINDERS FOR HARD DAYS

WHOLE-Hearted
SCHOOL COUNSELING

1. A bad day does not equal a bad life.

You are not this struggle.

2. Not all thoughts are true. Phew.

3. Feelings are not facts.

But all your feelings are valid, real, and allowed.

4. The only way out is through. DARN IT.

→ 5. Your worth is not contingent on circumstances

↙ You are LOVABLE and ENOUGH always. ↘

6. Nothing stays the same.

Life guarantees this.

7. You can't be everything to everyone.

But you can be true to yourself

8. Be gentle with yourself. And trust your inner voice, strength, and resilience.

9. You're not alone. It's okay to ask for help.

And be vulnerable

10. Focus on the things you can control.

Let go of the rest.

This is easier said than done.

I FEEL...

	lonely disappointed sad
	silly excited hyper
	frustrated annoyed angry
	tired sick hungry
	worried anxious scared
	happy calm focused
	shy confused embarrassed
	brave proud hopeful

I CAN...

TAKE DEEP  BREATHS

TREAT MYSELF & OTHERS WITH  KINDNESS

CREATE ART  OR BUILD  SOMETHING.

USE POSITIVE  SELF-TALK

 ASK FOR HELP

 EXERCISE

FOCUS  ON THE GOOD

STRETCH OR  DO YOGA

BRAINSTORM  SOLUTIONS &  TRY AGAIN

GET A DRINK OF  WATER

 TAKE A BREAK

TALK  OR WRITE  ABOUT IT

GROUNDING TECHNIQUE

5 things you can SEE

4 things you can FEEL


3 things you can HEAR

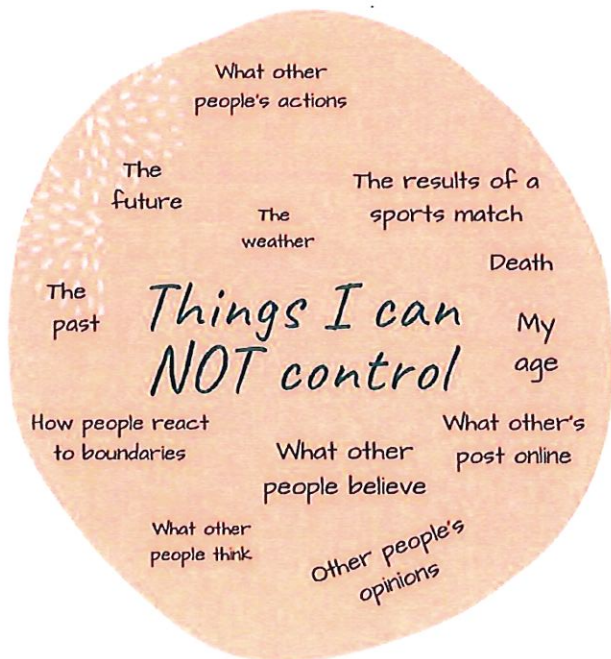
2 things you can SMELL

1 thing you can TASTE

What to Tell Myself When I'm Feeling Anxious



1. This feeling won't last forever.
2. Thoughts and emotions aren't facts.
3. I can feel anxious and still handle this.
4. My bravery is stronger than my fear.
5. I am safe right now.
6. Anxiety is reminding me to slow down my breathing.
7. I've survived other tough times before, and I will be resilient this time, too.
8. This feeling is a normal reaction. I will use my coping tools to respond with thoughtfulness and self-compassion. 
9. I don't have to figure this all out right now; I will trust the process.
10. Thank you anxiety for always trying to look out for me, but it's okay now; I got this.



"I am safe and I am going to be alright."

Anxiety Coping Statements

I can choose my thoughts, I can direct my thinking.

I can cope with this. I am stronger than I think.

I will stay present and ground myself with my 5 senses.



This is just a feeling.

IT WILL PASS.

I don't need to assume the worst

I am okay. My anxiety is not always rational.

I WILL BE GLAD I DID IT WHEN THIS IS OVER.

My bravery is stronger than my fear.

"Whatever I do today is enough. And so am I."

I can feel myself calming down.



I've survived other tough times before, and I will be **RESILIENT** this time too.

I can move forward even when I feel anxious.

I've felt this way before and I've made it through

These are just my anxious thoughts. I don't have to believe them.

RELAX, IT'S OKAY.

"My anxiety does not define me."



I am strong enough to get through tough days & difficult emotions.



Thank you anxiety for always trying to look out for me, but it's okay now. I got this.

Take your time. There is no rush.

I give myself **PERMISSION** to take breaks.

I tune into my body & release tension from my muscles

I remember to breathe deeply into my belly.

I can extinguish my anxiety if I take small steps toward facing my fear.



This may seem hard now, but it will get easier over time.

I can take things one step at a time.

Anxiety is not the boss. I am in control.

With every breath, I release the anxiety within me.

Thoughts and emotions are not facts. I am safe.

Anxiety is a normal emotion. It tells me it's time to use my coping skills.

Remember to breathe. Remember to breathe.

"EVEN THOUGH I MAY NOT FEEL IT NOW, THINGS WILL GET BETTER."

it's not dangerous



Inhale, Exhale. This will pass.

Inhale positive energy, Exhale stress.

It's just anxiety temporarily uncomfortable.

"This is uncomfortable, but **I Can Handle it** if I take slow and deep breaths."

This is an opportunity for me to learn how to cope.

This feeling is a reminder to **slow down** and **take some deep breaths**.

I will not let anxiety stop me from my dreams.

"My feelings are allowed to be here."

HELPFUL COPING SKILLS FOR TEEN ANXIETY

Coping skills are things teens can do to help them reduce, and better manage anxiety. They help us to calm our brain and body. There are several types of helpful coping skills that teens can use depending on the situation. Look below and find some that fit best with your personality.

RELAXATION SKILLS



- Take 3 deep belly breaths
- Take a nap
- Tense and relax your muscles
- Self-massage neck/shoulders
- Meditate
- Use a relaxation app

DISTRACTION SKILLS



- Engage in a hobby
- Count from 1-100
- Listen to music
- Puzzles/Word Search
- Watch TV/Movie
- Reading

THINKING/MENTAL SKILLS



- Self-coaching
- Think of 3 things you are grateful for
- Encouraging Statements
- Think of a peaceful place
- Visualize yourself calming down
- Challenge Anxious Thoughts

GOOD HEALTH HABITS



- Get a full night's sleep
- Do not skip meals
- Eat healthy foods and snacks
- Reduce caffeine consumption
- Say no to energy drinks
- Exercise 3-5 days per week



GROUNDING SKILLS

- Mindfulness
- Look: 5 Things you see
- Feel: 4 Things you touch
- Listen: 3 Things your hear
- Smell: 2 Things you smell
- Taste: 1 thing you taste

MOVEMENT SKILLS



- Arm Circles
- Run/jog/brisk walk
- Exercise
- Bike Ride
- Stretching/Yoga
- Martial Arts/Tai Chi/Qi Gong

CREATIVE OUTLETS



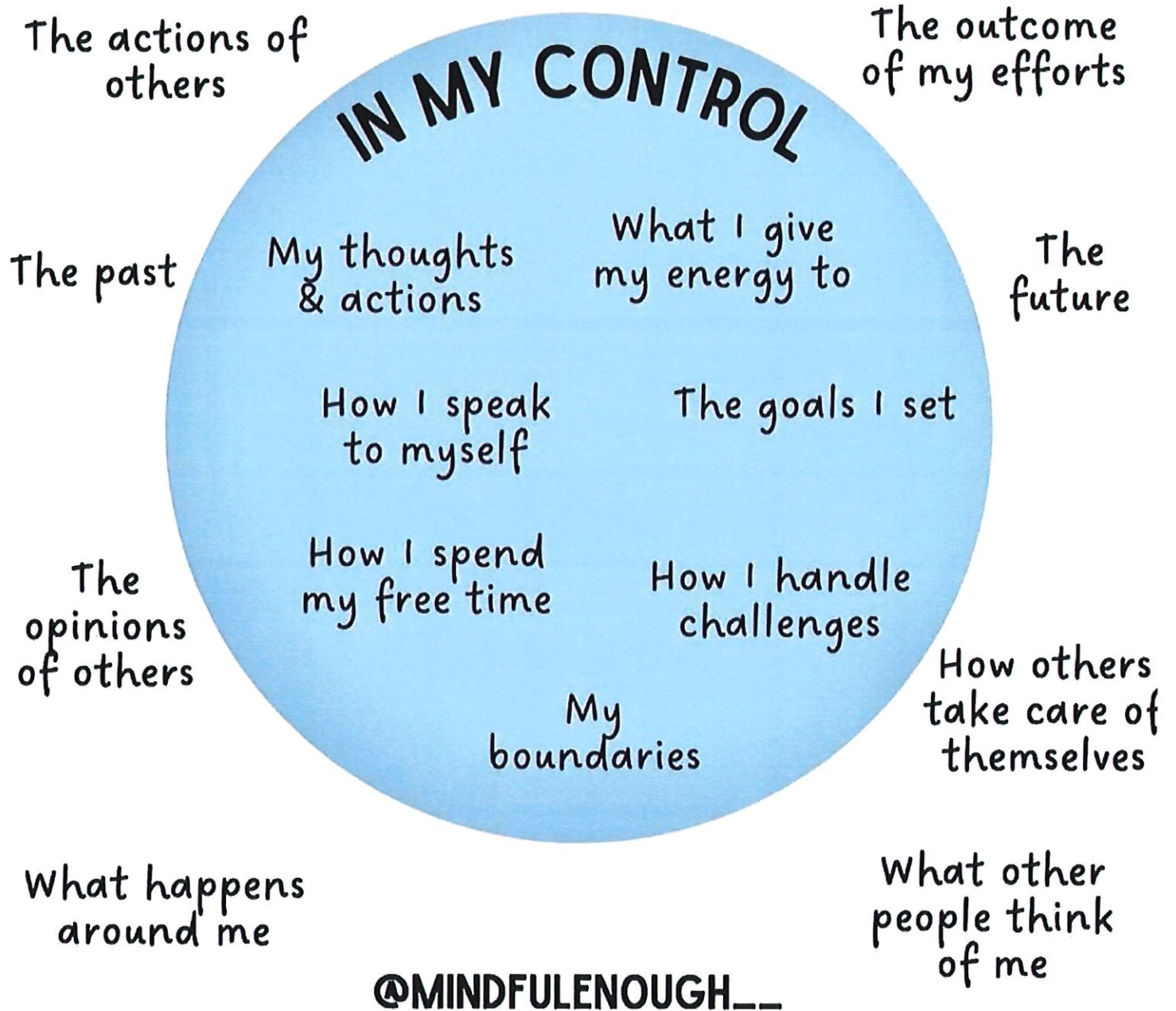
- Art
- Writing
- Coloring/Painting
- Building
- Drawing
- Hands-on Activities

SELF-CARE



- Rest
- Take a break when you need it
- Get out in nature
- Take a warm shower/bath
- Talk to a trusted person
- Get a drink of water

OUT OF MY CONTROL



Self-Regulation Coping Strategies

STUDENTS CAN USE AT SCHOOL



BREATHE.

As I zoom my attention to my breathing, I will take extra long out-breaths.

Squeeze a stress ball or use another teacher-approved fidget.



Imagine a peaceful and calming place.



Roll my neck and shoulders.

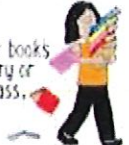
Think of at least 3 things I am grateful for.



Tell my teacher I would like to help or take on a classroom responsibility.



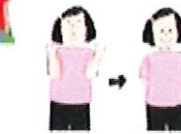
Ask to deliver books to the library or another class.



Ask my teacher for help if I feel upset or overwhelmed.



Count to 10 and back in coordination with my breath.



Squeeze my fists together as hard as I can...hold...then relax my hands.

Invent a secret hand signal with my teacher that communicates I need help.



Push against the wall as hard as I can and then relax my body.



Doodle, draw, or color.



Use I-statements to express how I am feeling, what I need, or what I hope for.



Move away from the distraction or person who is bothering me.



Write down my thoughts or questions if my teacher can't address them right away.



Ask to work with a buddy.



Stretch.

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



Devise a secret code word or signal with my teacher that means time to get back on track.



When I feel upset, sad, or unfocused at school, I can:

Volunteer to help clean or organize the classroom.



Drink water.



Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



Tell my teacher I need help with the assignment or lesson.



Go outside during recess and notice the sky, trees & sounds from nature.



Rest my head on the desk for a moment or two.



Tell myself a positive affirmation or mantra.



Think of or write a list of 3 positive things my life.



Talk with my school counselor.



Help a classmate or my teacher.



Listen to calming music with headphones.



Remind myself it's ok to make a mistake.



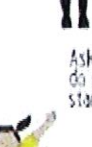
Visualize a person who supports me and cheers me on.



Zoom in on my senses: nothing I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste.



Ask if I can do my work standing up.



Ask permission to quietly jog in place for a minute or do 20 jumping jacks.



Cross my arms in front of me and do the arm pretzel.



Give myself or a stuffed animal a great big hug.



Read in a quiet spot.



Take a 3-5 minute break in the designated classroom peace corner.

Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.



Do an act of kindness.



Eat a healthy snack or tell my teacher I am hungry.



Push my palms together.



Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming.



Use a break card to let my teacher know I need a break and then use a timer to remind me when to return.



Rub or tap my temples.



Smile or laugh, even if I have to fake it.



Anxiety presents itself in many different ways...

The desire to control people and events



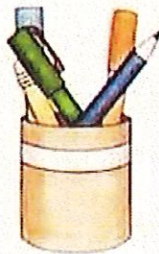
Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



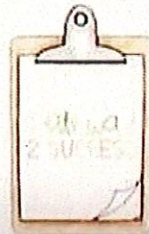
Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events