

YOUR ART HERE



JOURNAL ENTRY DATE:

TODAY, I AM GRATEFUL FOR:

TODAY, I AM FEELING:

COULD I USE SOME EXTRA SUPPORT TODAY?

WHO ARE 3 PEOPLE I CAN HAVE A CHECK-IN CHAT WITH?

5 minute journaling

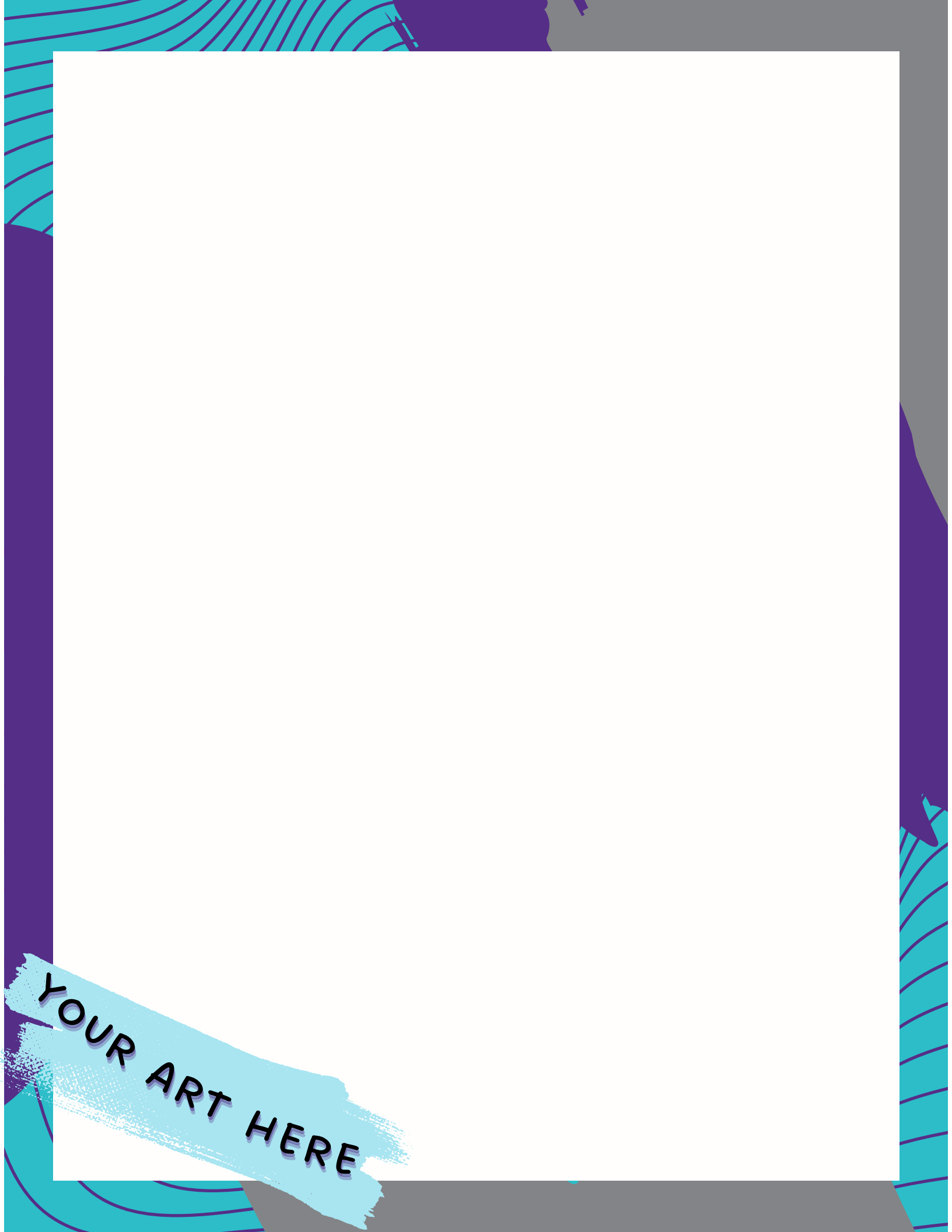
Date:

A 20x20 grid of black dots on a white background. The dots are arranged in a regular, repeating pattern, forming a square grid. There are 20 dots in each row and 20 dots in each column, totaling 400 dots.

5 minute journaling

Date:

[illegible]



YOUR ART HERE

5 minute journaling

Date:

A 20x20 grid of black dots on a white background. The dots are arranged in a regular, repeating pattern, forming a square grid. There are 20 dots in each row and 20 dots in each column, totaling 400 dots.

HOW I CAN GROUND MY SELF



INHALE 4 COUNTS

This breathing exercise should be done slowly and intentionally; a normal breath will do.

HOLD 7 COUNTS

You can do this breathing exercise anywhere and anytime.



EXHALE 8 COUNTS

This exercise is designed to help you calm down and retrain your body and mind to stay grounded in the moment.

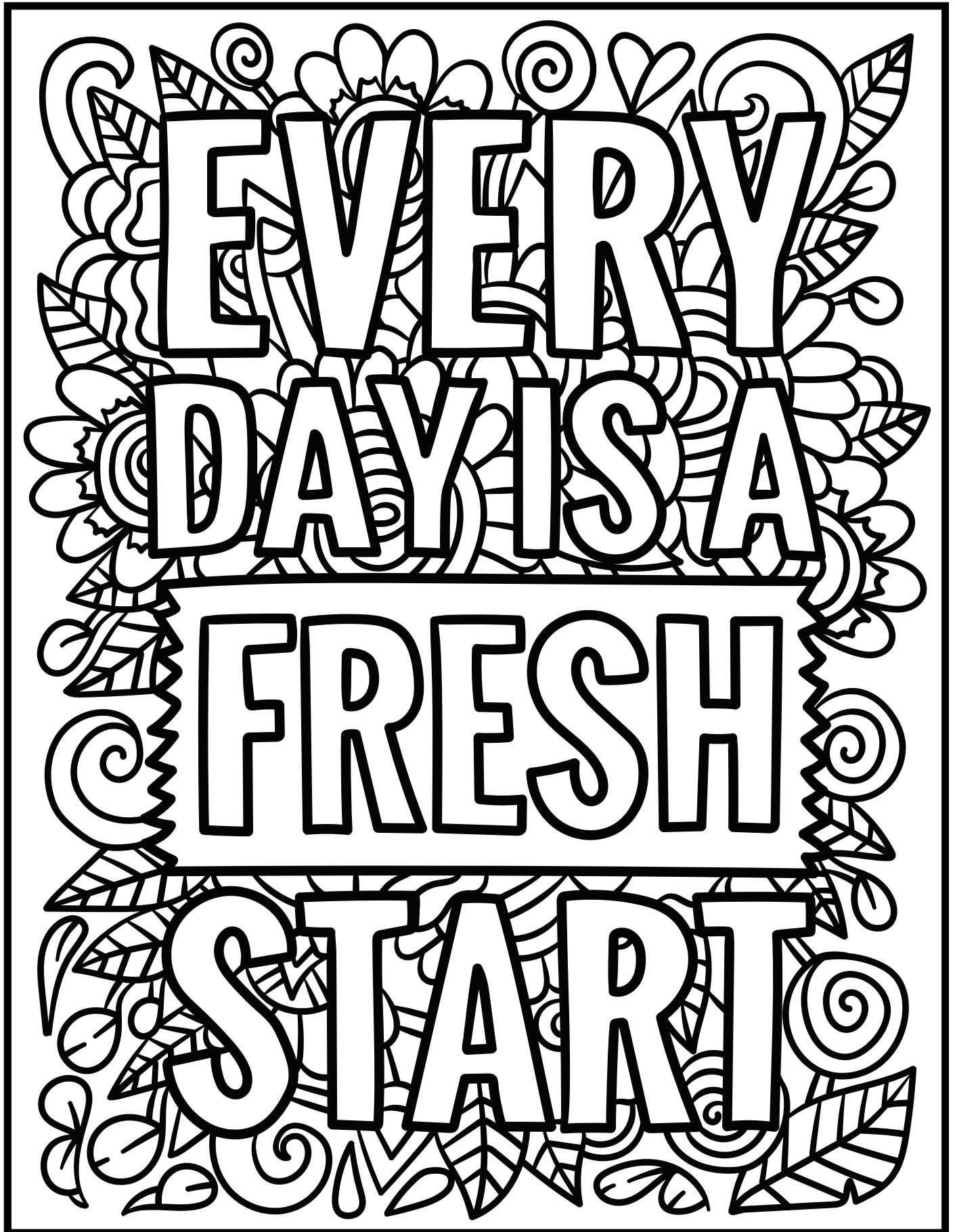
The exercise can be used when you catch your mind wandering or if you notice you're feeling anxious or overwhelmed.

5 minute journaling

Date:

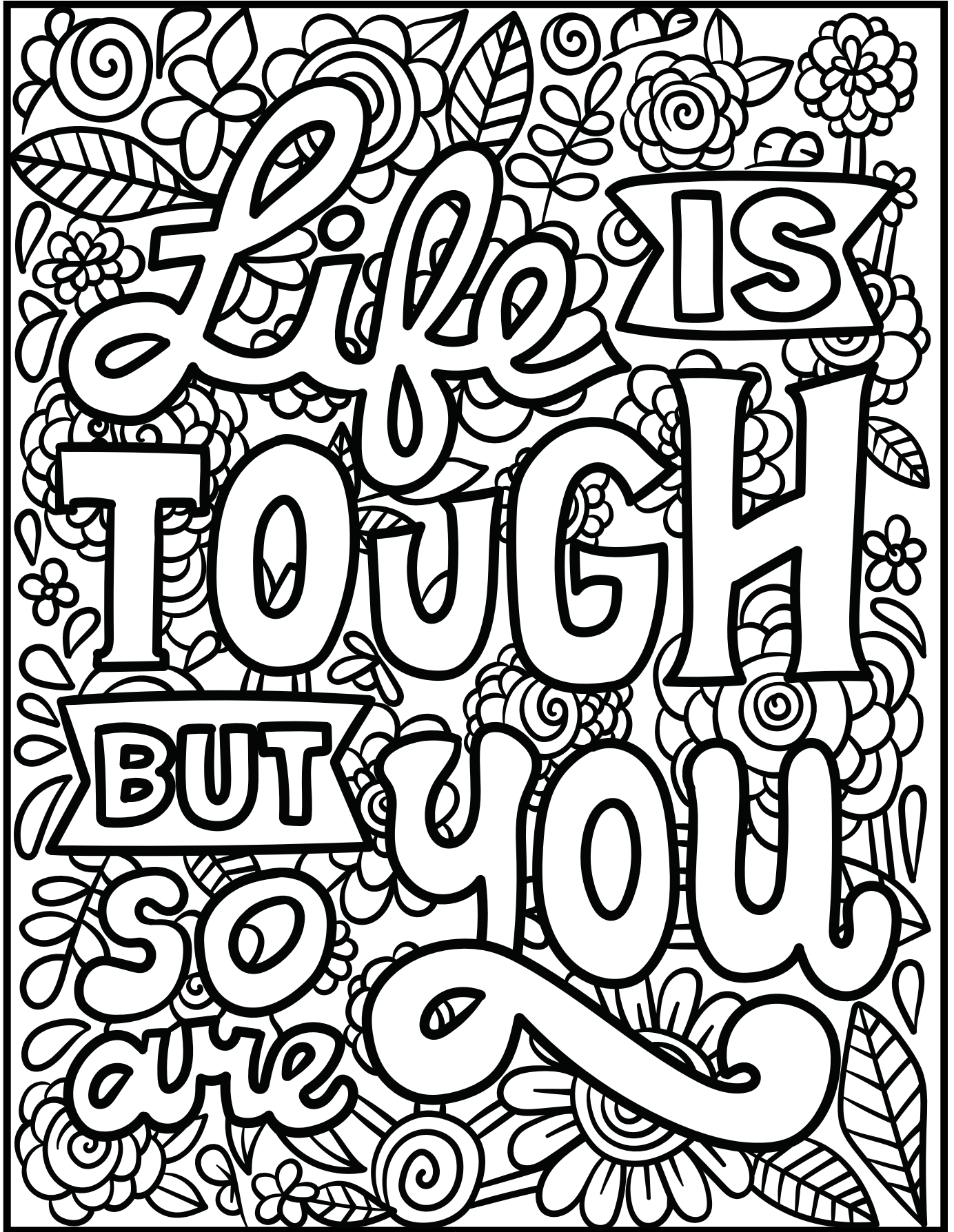
[illegible]

Mindful Coloring



[#ShareHopeTogether](#)

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[#ShareHopeTogether](#)

POSITIVE AFFIRMATIONS

Positive affirmations are strong, motivating statements that can help us feel empowered throughout the day.

Create your own affirmations using the tips below or use the examples!

- Start your affirmations with "I am"
- Keep your affirmations in the present tense
- Use strong, positive language
- Keep your affirmations short and simple for easy repetition
- Be specific to how you want to feel




**I am important and
I have purpose**



**I am deserving
of my success**

**I am strong and capable
of whatever I put my
mind to**



**I am loved and worthy
of love**



**I am energetic and
motivated**

**I am happy to be
me**

**I am proud of how far I have
come on my journey**



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REFRAMING

What is it?

Reframing, also known as **cognitive reframing**, is an exercise used to shift your mindset so you're able to look at a situation from a different perspective. When you have negative or anxious thoughts, you can transform them into something that feels less intense and stop yourself from spiraling.

How does it help?

Negative thoughts can lead us to act against our own self-interests. Reframing has been shown to reduce stress and mental distress. It allows you to challenge your negative thoughts, creating a more positive and supportive mindset for our mental health.

Example:

Event	You make a mistake
Negative thought	"I can't do anything right."
Negative belief	You are not capable
Negative emotion(s)	Shame, fear, distress
Dysfunctional behavior	Refusing to try again

Speak to yourself with the same kindness you show to a friend.

You can change the negative thought to *"I realize where I went wrong, and I can do better next time."*

Now you view the mistake as a learning experience, and you have set yourself up to succeed in the future.

REFRAMING EXERCISE

Describe a situation or event that is making you feel bad. What is a common negative thought you struggle with?

Even though the situation is hard, is there something you have learned from it? Is there another way of looking at it? Consider a healthier thought you can have.

Additional questions to ask yourself when reframing:

- How would someone else think about the situation?
- Are there other explanations I haven't considered?
- Am I leaving out the positives or exaggerating the negatives?
- Are my thoughts based more on how I feel than the actual facts?
- Am I holding myself to unrealistic standards that I would never expect other people to achieve?
- Am I overestimating how much control or responsibility I have in this situation?
- Am I considering everything I can do to deal with the situation?

The more you practice healthier thoughts, the more naturally it will come to you!

Reinforce your reframed thoughts with physical reminders like written messages on sticky notes.

SUICIDE PREVENTION AWARENESS WEEK 2023



Trainings & Resources

#ShareHopeTogether



<p><u>Suicide Prevention Council</u></p>	<ul style="list-style-type: none"> • <u>Question Persuade Refer (QPR) Trainings:</u> The 1.5-hour training teaches you to recognize suicide warning signs and methods for providing help and hope to those in crisis. Visit the website to register: https://bit.ly/SDchip. 	<ul style="list-style-type: none"> • <u>RSVP</u> for a virtual QPR training on Friday, September 22, 2023, from 10:30am-12pm or Friday, October 27, 2023 from 10:30am-12pm.
<p><u>Mental Health America</u></p>	<ul style="list-style-type: none"> • Visit the Mental Health America website to learn more about upcoming events and trainings like <u>Mental Health First Aid:</u> https://bit.ly/MHASD 	<ul style="list-style-type: none"> • <u>RSVP</u> for a 1-Day Adults Working with Youth 12-17 Training (in person) Wednesday, September 13th from 8:30am-5pm. • <u>RSVP</u> for a 2-day Adult Mental Health First Aid Training via Zoom on September 13th & 14th from 9am-1:30pm.
<p><u>It's Up to Us & Behavioral Health Services (BHS)</u></p>	<ul style="list-style-type: none"> • Visit the County of San Diego Health and Human Services Agency <u>It's Up to Us</u> website to learn more and find local resources about suicide prevention and other mental health topics. • Learn more about how to manage your mental wellness on the <u>BHS</u> website. 	<ul style="list-style-type: none"> • <u>Access & Crisis Line (ACL):</u> Call the Access and Crisis Line at 1 (888) 724-7240 for free, confidential support and resource. Experienced counselors are available 24/7 in over 200 languages. • <u>988 Suicide & Crisis Line:</u> Dial 9-8-8 to be directed to a local crisis call center or <u>visit the website</u> for more information. The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or loved ones.
<p><u>American Foundation for Suicide Prevention (AFSP) San Diego</u></p>	<ul style="list-style-type: none"> • Join the local <u>AFSP San Diego Chapter</u> to shed light on the role each of us can play to help stop suicide. • In support of National Suicide Prevention Month, you can watch and share the <u>Talk Away the Dark</u> film and campaign. 	<ul style="list-style-type: none"> • Sign up for the upcoming <u>Out of the Darkness San Diego Walk</u> to prevent suicide on October 21st, 2023. • Learn about the <u>Talk Saves Lives program</u> to help educate your school, workplace or community.
<p><u>Know the Signs</u></p>	<ul style="list-style-type: none"> • Visit <u>suicideispreventable.org</u> to learn what role you can play in preventing suicide. The Know the Signs (KTS) campaign and the annual Suicide Prevention Week Toolkit provide effective ways and tools to promote suicide prevention across California communities. 	<ul style="list-style-type: none"> • View the <u>educational activities</u> you can help coordinate at your school, work and communities to share hope, end the stigma, and play a role in preventing suicide.

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<u>The Trevor Project</u>	<ul style="list-style-type: none">• Call 866-488-7386 or text 678-678• 24/7 crisis intervention and suicide prevention services for LGBTQ people under 25.
<u>National Alliance on Mental Illness (NAMI) San Diego</u>	<ul style="list-style-type: none">• Call 800-523-5933 or 619-543-1434 for the helpline.• Resource helpline, support groups, educational meetings, newsletters, a lending library and several classes on mental illness are available through <u>NAMI</u>.
<u>Courage to Call</u>	<ul style="list-style-type: none">• Call 877-698-7838 or click to chat with a veteran on the website: https://www.courage2call.org/• 24/7 peer helpline and other resources to improve mental wellness for veterans, Active Duty, Reservists, National Guardsmen, and their families.
<u>Teen Line</u>	<ul style="list-style-type: none">• Call 310-855-HOPE (4673) or text TEEN to 839-863• Personal teen-to-teen education and support before problems become a crisis, hotline available 6pm to 10pm.
<u>Substance Abuse and Mental Health Services Administration (SAMHSA): National Helpline</u>	<ul style="list-style-type: none">• Call 800-662-4357• 24/7 treatment referral and information service for people facing mental illness or substance use disorders.

