



# YOUTH MENTAL WELLNESS PRACTICE

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A 30-Day Mental Wellness Practice  
Extension Pack

For youth by youth



LIVE WELL  
SAN DIEGO

# INTRODUCTION

## Why?

- Mental health is just as important as physical health. It affects how we think, feel, and act. Especially for youth, maintaining good mental health is crucial for academic success, building relationships, and managing life's challenges.
- This toolkit is designed for youth looking to enhance their mental well-being. Whether you're facing challenges, supporting a friend, or simply seeking to improve your self-care routine, this guide is here to help.

## This toolkit was designed for youth, by youth!

"Hi! I'm Sachi, I started this project after realizing how many students (including myself) were struggling with their mental health, but didn't have the resources or support they needed. Seeing this gap on my campus made me want to create something accessible, practical, and helpful. I hope this toolkit empowers you to take charge of your well-being and build habits that make a lasting impact. You deserve support, you deserve care, and most of all, you deserve to put yourself first."

## Youth Mental Wellness Practice Creator



**Sachi**

Class of 2025,  
Del Norte High School



## Tips:

- This toolkit isn't a one-size-fits-all guide to mental wellness.
- Instead, it's designed for you to use the resources that resonate with your needs and would benefit you most.

## REMINDER

While this toolkit offers resources and tools to enhance your mental well-being, it's important to seek professional help if you're struggling.

# YOUTH MENTAL WELLNESS PRACTICE

## A 30-Day Wellness Practice Extension Pack

### Background:

The County of San Diego, Behavioral Health Services is committed to ensuring that youth have access to resources that support their mental health and overall well-being. Share this toolkit with youth in your life so they can explore a variety of tools and choose the one that best aligns with their needs.



The Youth Mental Wellness Practice provides free, day-to-day resources that aim to help youth make changes to improve and maintain their mental well-being and seek help for mental health challenges. All toolkit content can be directly downloaded for digital or printed use. This toolkit includes:

### Introduction:

- [Introduction](#)
- [Background and Overview](#)
- [Toolkit Contents](#)

### Mindful Support:

- [How-To Make Positive Vision Boards](#)
- [How-To Map my Support System](#) [English](#) & [Spanish](#)

### Activate Wellness:

- [Self-Care Checklist](#)
- [Morning/Night Routine Checklist](#)
- [Self Esteem Journal Pages](#)
- [Reflection Journal Pages](#)

### Thrive Tools:

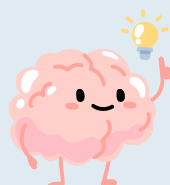
- [Youth Mental Wellness Guide](#)
- [School Advocacy Tips](#)
- [Grounding Techniques Booklet Version 1 & Version 2](#)
- [Downloadable Promotional Materials](#)
- [Scoop for You\(th\) Challenge](#)

### Looking for more?



Visit [bit.ly/30D-YEP](https://bit.ly/30D-YEP) to view the Youth Mental Wellness Practice materials and get more information.

### Questions?



If you have further questions regarding the Youth Mental Wellness Practice extension pack, feel free to reach out at [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov).



# WHAT'S INSIDE THIS TOOLKIT?

The Youth Mental Wellness Practice provides free, day-to-day resources that aim to help youth make changes to improve and maintain their mental well-being and seek help for mental health challenges.

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## This Toolkit Contains:

- [Youth Mental Wellness Guide](#)
  - A flyer that includes all the youth-related mental health resources available in the County of San Diego.
- [Grounding Techniques Booklet Version 1 & Version 2](#)
  - Includes step-by-step instructions on how to practice three breathing techniques. These are to be used for stress management and to improve overall wellness.
- [How To Map My Support System English & Spanish](#)
  - An exercise with instructions for youth to create a visual “map” of the support systems in their lives.
- [How To Make Positive Vision Boards](#)
  - An exercise intended to help youth clear their mind and set their intentions for well-being.
- [Self-Care Checklist](#)
  - Intended to help youth incorporate self-care practices into their day-to-day activities to help manage their stress.
- [Morning/Night Routine](#)
  - A checklist intended to help youth stay on track during their day-to-day activities to help manage their stress.
- [Self-Esteem Journal Pages](#)
  - Includes three journaling pages that can be used to reflect on and promote self-esteem.
- [Reflection Journal Pages](#)
  - Includes different categories of journaling pages that can be used for reflection.
- [School Advocacy Tips](#)
  - A guide that provides tips and resources for youth to advocate for the causes that matter most to them.
- [Promotional Materials](#)
  - Youth can directly download a phone wallpaper to set as their devices background or download the social media posts to share on their feed.
- [Scoop for You\(th\) Challenge](#)
  - Visit [LiveWellSD.org/ScoopFromYouth](https://LiveWellSD.org/ScoopFromYouth) to learn more and get started!

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## Questions?

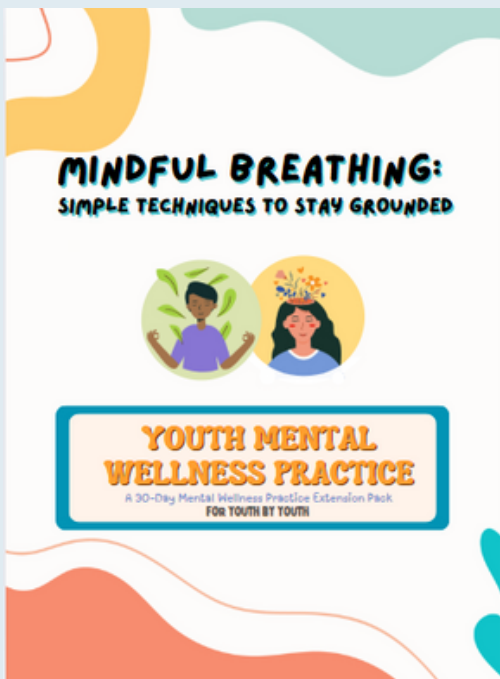
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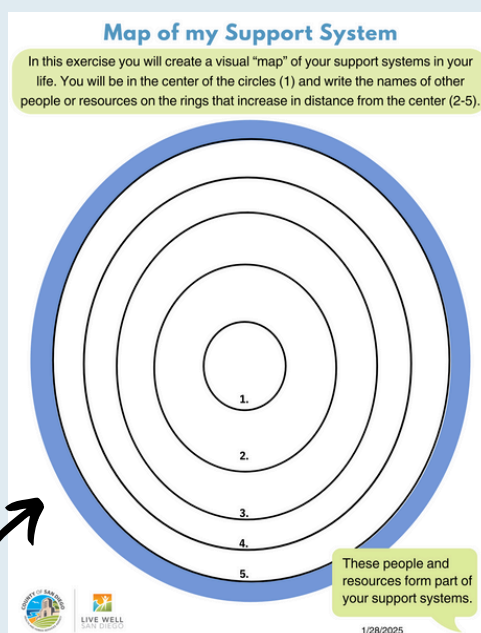
# MINDFUL SUPPORT



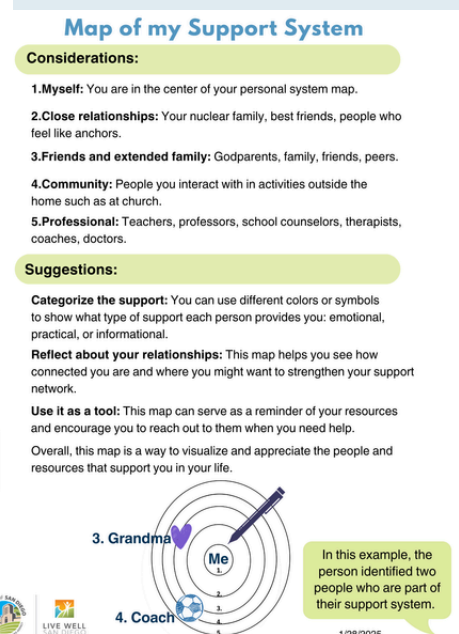
## How-To Make Positive Vision Boards



## Grounding Techniques Booklet Version 1 & Version 2



## How-To Map my Support System English & Spanish



# ACTIVATE WELLNESS



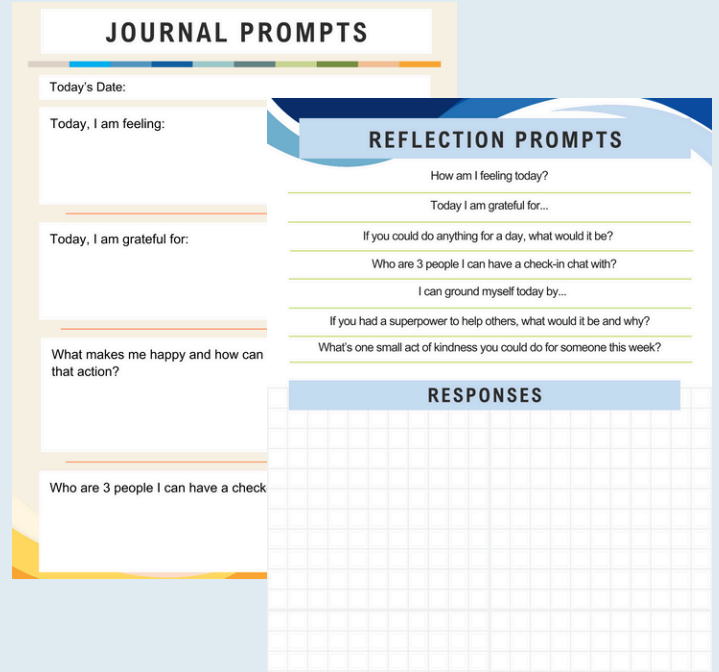
The image shows two overlapping checklist cards. The top card is titled 'MORNING ROUTINE' and has a table with columns for days of the week (M, T, W, TH, F, S, SU) and rows for tasks. The first row is 'Make my bed.' with checkmarks in the M, T, W, and TH columns. The bottom card is titled 'NIGHT ROUTINE' and has a similar table. The first row is 'Brush my teeth.' with checkmarks in the M, T, W, and TH columns. Below the table is a blue box with the text 'IF I COMPLETE ALL MY TASKS, I:'. A black arrow points from the 'NIGHT ROUTINE' card towards the caption below.

	M	T	W	TH	F	S	SU
Make my bed.	✓	✓	✓	✓			

	M	T	W	TH	F	S	SU
Brush my teeth.	✓	✓	✓	✓			

IF I COMPLETE ALL MY TASKS, I:

[Morning/Night Routine Checklist](#)



The image shows two overlapping cards. The left card is titled 'JOURNAL PROMPTS' and has sections for 'Today's Date:', 'Today, I am feeling:', 'Today, I am grateful for:', 'What makes me happy and how can that action?', and 'Who are 3 people I can have a check-in chat with?'. The right card is titled 'REFLECTION PROMPTS' and has sections for 'How am I feeling today?', 'Today I am grateful for...', 'If you could do anything for a day, what would it be?', 'Who are 3 people I can have a check-in chat with?', 'I can ground myself today by...', 'If you had a superpower to help others, what would it be and why?', and 'What's one small act of kindness you could do for someone this week?'. Below the reflection prompts is a large grid labeled 'RESPONSES'.

**JOURNAL PROMPTS**

Today's Date: \_\_\_\_\_

Today, I am feeling: \_\_\_\_\_

Today, I am grateful for: \_\_\_\_\_

What makes me happy and how can that action? \_\_\_\_\_

Who are 3 people I can have a check-in chat with? \_\_\_\_\_

**REFLECTION PROMPTS**

How am I feeling today? \_\_\_\_\_

Today I am grateful for... \_\_\_\_\_

If you could do anything for a day, what would it be? \_\_\_\_\_

Who are 3 people I can have a check-in chat with? \_\_\_\_\_

I can ground myself today by... \_\_\_\_\_

If you had a superpower to help others, what would it be and why? \_\_\_\_\_

What's one small act of kindness you could do for someone this week? \_\_\_\_\_

**RESPONSES**

\_\_\_\_\_

[Writing Prompts: Reflection Pages](#)



The image shows two overlapping cards for 'SELF-ESTEEM JOURNALING'. The top card has a section for 'HOW DO YOU FEEL?' with a row of smiley face icons and a section for 'FAVORITE SELF-CARE PRACTICES'. The bottom card has sections for 'KINDNESS' (with a prompt to insert pictures), 'GRATITUDE' (with a prompt to list three things), 'CRITICISM' (with a prompt to reflect on a time you received constructive criticism), and 'LOVE LETTER' (with a prompt to write a letter to yourself).

**SELF-ESTEEM JOURNALING**

Insert any pictures you love of yourself!

**KINDNESS**  
Remember to express kindness towards yourself!

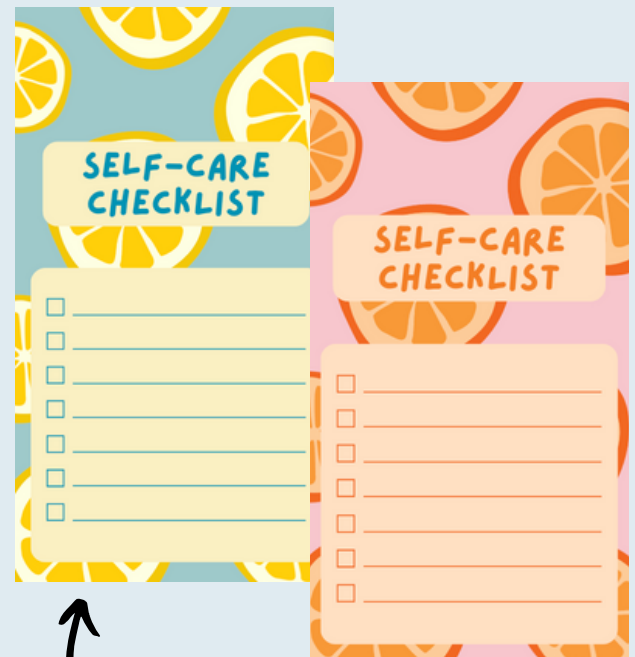
**GRATITUDE**  
List three things you are grateful for about yourself. How do these aspects improve your daily life?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**CRITICISM**  
Reflect on a time you received constructive criticism. How did you handle it and what did you learn about yourself?

**LOVE LETTER**  
Write a love letter to yourself, highlighting your strengths, accomplishments, and qualities you cherish.

[Writing Prompt: Self Esteem Pages](#)



The image shows two overlapping cards for 'SELF-CARE CHECKLIST'. The top card has a yellow background with orange slices and a checklist with 10 items. The bottom card has a pink background with orange slices and a checklist with 10 items.

**SELF-CARE CHECKLIST**

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**SELF-CARE CHECKLIST**

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[Self-Care Checklist](#)



# THRIVE TOOLS

## YOUTH EMPOWERMENT

### Tips to Amplify Your Voice

Are you passionate about an issue and want to make a difference? This guide provides tips and resources to amplify your voice and support the causes that matter most to you.

#### Educate Yourself

- Gain a thorough understanding of the issue(s) you want to address.
- Ensure that the information is reliable, factual, and up-to-date.

#### Build a Network

- Connect with professionals in the field you're focusing on.
- Refer to the email template for guidance on how to approach them effectively and build meaningful relationships.

#### Start a Club

- Start a school club where students can openly discuss the topic of focus in a supportive, inclusive, and stigma-free setting.

#### Reach Out to Organizations

- Connect with organizations for guest speakers, collaborative events, or materials that can help raise awareness and educate your peers.

#### Organize Events

- Plan events such as information fairs, awareness weeks, or fundraisers that bring attention to the cause you care about.
- Invite guest speakers who can provide insight or organize workshops.

#### Contact Local Government

- Contact the Mayor's office, City Council members, or a local representative who focuses on youth or community issues.
- Join or apply for a seat on the City of San Diego's Youth Commission.

#### SOCIAL MEDIA

- Leverage Your Platform:** Share informative posts on social media platforms like Instagram, Twitter, Facebook, and TikTok to raise awareness about your cause.
- Create Compelling Content:** Design eye-catching graphics, videos, and infographics that highlight key facts and calls to action.

## YOUTH MENTAL WELLNESS RESOURCES

### 988 LIFELINE

Call or Text 988  
Chat Services: <https://chat.988lifeline.org/>  
Provides confidential services from experienced counselors available 24/7 free of charge in over 200 languages.

### OWN YOUR MINDSET

Webpage: [www.ownyourmindset.org](http://www.ownyourmindset.org)  
Instagram: @ownyourmindset  
Own Your Mindset empowers teens with resources and support to raise mental health awareness and build the skills needed to thrive and strengthen their mental well-being.

### HERE NOW

(619) 838-9556  
Webpage: [www.advotheservices.org](http://www.advotheservices.org)  
The Helping, Engaging, Reconnecting, and Educating (HERE) Now Program aims to increase awareness and promote conversations to prevent suicide in schools and communities.

### TEEN LINE

800-852-8336 (6 PM - 10 PM PST) Text TEEN to 839863 (6 PM - 9 PM PST)  
Webpage: [www.teenline.org](http://www.teenline.org)  
The Teen Line offers a free and confidential 1-on-1 platform for teens to talk with a trained teen staff member about anything.

### NEVER A BOTHER

Webpage: [www.neverabother.org](http://www.neverabother.org)  
Instagram: @neverabother  
Never A Bother provides support, resources, and a sense of community to young people who may be struggling with feelings of hopelessness and despair.

### SOLUNA

Webpage: [www.solunaapp.com](http://www.solunaapp.com)  
Instagram: @solunaapp  
The Soluna app offers confidential support for 13+ to 25-year-olds in California. Users can chat one-on-one with professional coaches and utilize interactive tools.

## School Advocacy Tips

## Youth Mental Wellness Guide

30-Day Mental Wellness Practice Calendar											
<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>	6 □ Body □ Mind & Relationships
<input type="checkbox"/>	7	<input type="checkbox"/>	8	<input type="checkbox"/>	9	<input type="checkbox"/>	10	<input type="checkbox"/>	11	<input type="checkbox"/>	12 □ Body □ Mind & Relationships
<input type="checkbox"/>	13	<input type="checkbox"/>	14	<input type="checkbox"/>	15	<input type="checkbox"/>	16	<input type="checkbox"/>	17	<input type="checkbox"/>	18 □ Body □ Mind & Relationships
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<input type="checkbox"/>	25	<input type="checkbox"/>	26	<input type="checkbox"/>	27	<input type="checkbox"/>	28	<input type="checkbox"/>	29	<input type="checkbox"/>	30 □ Body □ Mind & Relationships

THE COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY (HHS) INVITES YOU(TH) TO PARTICIPATE IN THE BIENNIAL...

## SCOOP FROM YOU(TH) CHALLENGE

WIN UP TO \$900

The Scoop From You(th) Challenge invites San Diego youth and young adults (ages 12-25) to use art as a medium to share personal experiences with mental health to reduce stigma, build a supportive network, and empower themselves and others to seek help and resources.

You can submit up to 3 entries (1 per category) for a chance to win up to \$900. Submissions will be judged on appeal, originality, creativity, message, and inspiration.

### EXPRESS YOURSELF THROUGH...

Graphic Design, Painting, Illustration, Poetry, Short Story, Dance, Music, Performance, Film, Photography, and/or Animation

**CHALLENGE INFORMATION:** Visit [LiveWellSD.org/ScoopFromYouth](http://LiveWellSD.org/ScoopFromYouth) to learn more and get started!

**HAVE QUESTIONS?** Contact the Scoop From Youth Team at [Chloe.BHS@sdcounty.ca.gov](mailto:Chloe.BHS@sdcounty.ca.gov)

#GetTheScoop #YouthChallengeSD #PieceOfMind

Sponsored By: **RESCUE**

## YOUTH MENTAL WELLNESS PRACTICE

CHECK OUT NEW FREE DAILY RESOURCES TO HELP BOOST YOUR MENTAL HEALTH AND GET SUPPORT WHEN YOU NEED IT

Add these habits to your daily routine to keep your mind strong and healthy in the long run!

San Diego County Health and Human Services Agency (HHS) | LIVE WELL SAN DIEGO

## 30-Day Mental Wellness Practice

## Scoop for You(th) Flyer

## Promotional Materials: Social Media Posts, Wallpapers, and Flyers

# CONTINUING YOUR JOURNEY

Congratulations on prioritizing your mental wellness! Remember, taking care of your mental health is a journey, not a destination. Each step you take brings you closer to a healthier you. There are many ways you can continue to prioritize yourself, and advocate for those who can't.



## Additional Self Care Opportunities

- Explore the **30-Day Mental Wellness Practice** for more self-care activities suitable for all demographics.
- Approach these practices with self-compassion—habit formation is a process, not a performance.
- Utilize other available resources to incorporate mental wellness into your daily routine.

## Empowering your Voice

- Complete the [Community Request Form](#) to ask for behavioral health materials, resources, or a professional speaker for your next event.
- Share your thoughts on a specific concern with the [Behavioral Health Advisory Board](#) through public comments to ensure direct attention from the County.



## Spreading the Message



- **Start discussions** with friends, family, and peers about the significance of mental well-being. These conversations play a crucial role in reducing the stigma surrounding mental health and can motivate others to seek support.
- **Advocate** using some of the tips mentioned in the flyer, and some of your own ideas!





# THANK YOU

Congratulations on taking the steps to improve your mental wellness. We look forward to your journey of mental wellbeing.



Connect with Behavioral Health Services through the [Community Request Form](#)

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If you have any feedback or questions on the Youth Mental Wellness Practice, reach out to us at [Engage.BHS@sdcounty.ca.gov](mailto:Engage.BHS@sdcounty.ca.gov)

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Looking for more? Check out the **[30-DAY MENTAL WELLNESS PRACTICE](#)**

