

4 WHAT'S NEXT

REACH IN






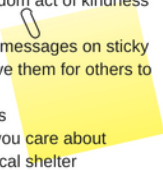
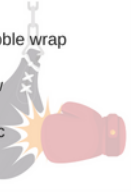
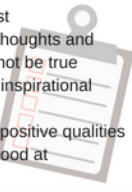

Because change happens.

There are times in all of our lives when we need to "reach in," and there are times we need to "reach out." Sometimes one may be more appropriate depending on the situation and level of distress you're experiencing. You may even use a combination of the two.

Reaching in means utilizing independent coping skills that help you feel better and manage stress and distress. These are tools you can use within your own power that do not require outside assistance or support.

COPING SKILLS CHECKLIST - WHAT WOULD YOU BE WILLING TO TRY?

Don't forget to always include the big 3: Sleep, Nutrition, and Exercise

SLEEP 	NUTRITION 	EXERCISE 
DISTRACTION <input type="checkbox"/> Read a book <input type="checkbox"/> Play a game <input type="checkbox"/> Watch TV/movie <input type="checkbox"/> Do arts & crafts <input type="checkbox"/> Listen to music <input type="checkbox"/> Clean/organize <input type="checkbox"/> Work on a puzzle 	GROUNDING <input type="checkbox"/> Take deep breaths <input type="checkbox"/> Meditate <input type="checkbox"/> Go for a walk/run/hike/bike ride <input type="checkbox"/> Squeeze a stress ball <input type="checkbox"/> Practice yoga <input type="checkbox"/> Pet an animal <input type="checkbox"/> Knit/crochet (or learn how!) <input type="checkbox"/> Rub a worry stone 	GIVE BACK <input type="checkbox"/> Perform a random act of kindness <input type="checkbox"/> Volunteer <input type="checkbox"/> Write positive messages on sticky notes and leave them for others to find <input type="checkbox"/> Smile at others <input type="checkbox"/> Join a cause you care about <input type="checkbox"/> Donate to a local shelter 
EMOTIONAL RELEASE <input type="checkbox"/> Write in a journal <input type="checkbox"/> Pop balloons or bubble wrap <input type="checkbox"/> Let yourself cry <input type="checkbox"/> Scream into a pillow <input type="checkbox"/> Laugh <input type="checkbox"/> Dance to loud music <input type="checkbox"/> Tear up paper <input type="checkbox"/> Hit a punching bag 	THOUGHT CHALLENGE <input type="checkbox"/> Make a gratitude list <input type="checkbox"/> List your negative thoughts and reasons they may not be true <input type="checkbox"/> Read your favorite inspirational quote <input type="checkbox"/> Make a list of your positive qualities and things you're good at 	SELF-KINDNESS <input type="checkbox"/> Say kind things to yourself <input type="checkbox"/> Cook your favorite meal <input type="checkbox"/> Treat yourself to something you enjoy <input type="checkbox"/> Try aromatherapy <input type="checkbox"/> Take time to relax <input type="checkbox"/> Make your bed 

Our Favorites	
PARENT/GUARDIAN	STUDENT
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
TOGETHER	
1.	
2.	
3.	

Where are you on the Mental Health Scale today?



4 WHAT'S NEXT

Emojis provided by EmojiOne

Where would you like to be?

Use the 4 What's Next Framework to help you get there!

Visit 4whatsnext.org to learn more



4 WHAT'S NEXT

REACH OUT

Because change happens.

Reaching out requires seeking and accepting help outside of yourself by talking to or working with other people who can provide support or guidance. We all need to reach out from time to time. Who are some of the people you can talk to when you feel sad, stressed, or lonely? Be as specific as possible.

	PARENTS/GUARDIANS	STUDENTS
FRIENDS/ PEERS	1. 2. 3.	1. 2. 3.
FAMILY	1. 2. 3.	1. 2. 3.
PROFESSIONAL	1. 2. 3.	1. 2. 3.
TECH	1. 2. 3.	1. 2. 3.
OTHER ADULTS	1. 2. 3.	1. 2. 3.

Know the resources in YOUR community

- Call 211, visit 211.org
- The Village for Families and Children, visit thevillage.org
- Crisis Text Line - text 741741, visit crisistextline.org
- mentalhealth.gov
- parenttoolkit.com

Add your own!

- 1.
- 2.
- 3.
- 4.

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