



resources



IF YOU EVER NEED TO SPEAK TO SOMEONE,
CONTACT THE 24/7 SUICIDE AND CRISIS LIFELINE
CALL 988 OR TEXT 741741

TALKSPACE: FREE ONLINE THERAPY FOR ANYONE
13-24
[HTTPS://WWW.TALKSPACE.COM/COVERAGE/SEAT
TLE](https://www.talkspace.com/coverage/seattle)



WASHINGTON TEENLINK: DATABASE FOR
RESOURCES IN THE COMMUNITY RUN BY TEENS
FOR TEENS!
[HTTPS://SEARCH.TEENLINK.ORG/](https://search.teenlink.org/)

AND IF YOU'RE LOOKING FOR APPS TO HELP
CONTINUE YOUR JOURNALING AND MINDFULNESS
JOURNEY, CHECK THESE
[HTTPS://CHILDHELPHOTLINE.ORG/TEEN-APPS/](https://childhelpline.org/teen-apps/)



WSHS CARE TEAM



Mindfulness JOURNAL





Taking care of yourself is an important skill that can improve both your physical and emotional well-being. And skills are learned and practiced to become habits.

Learning and practicing relaxation techniques can help you feel calmer, more confident, and better prepared to handle stress.

One of the most helpful things when you feel overwhelmed, afraid, or nervous is to prepare beforehand. Having coping strategies ready can make it easier to manage difficult moments and regain a sense of control.



“I don't want to survive, I want to live!”
-Wall E

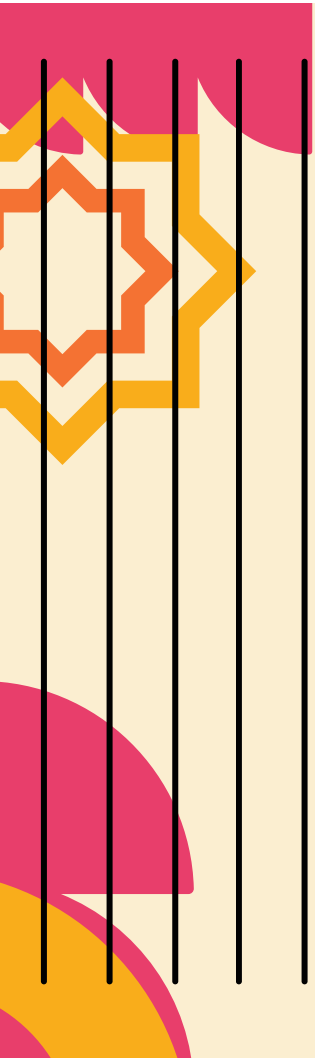


“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”
-Audre Lorde

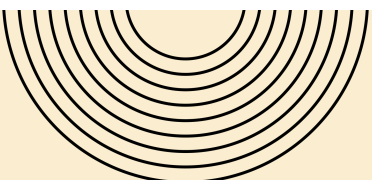


notes:





- What in my life do I want to decrease?

[illegible]

Mindfulness is the practice of paying full, non-judgmental attention to the present moment. It means being aware of what's happening right now, your thoughts, feelings, bodily sensations, and the environment around you without trying to change or judge it. Mindful breathing and progressive muscle relaxation are two practices that can help with mindfulness.

- ## Progressive Muscle Relaxation

[illegible]

Stress Management Strategies

Strategy	Situation/Trigger	Effectiveness (1-10)	Notes/Observations
Deep Breathing			
Progressive Muscle Relaxation			
Grounding Technique (5-4-3-2-1)			
Journaling Thoughts			
Listening to Music			
Walking, Jogging, Yoga etc.			
Talking to a Trusted Person			
Gratitude Reflection			
Creative Activities (eg, drawing, writing)			

Progressive Muscle Relaxation

Begin by sitting or lying down in a comfortable position. Starting at your head, slowly work your way down through your neck, shoulders, arms, hands, torso, hips, legs, and finally your feet.

Step 1: Tense the Muscles

- As you inhale, gently and deliberately tense the first muscle group as firmly as you can. Notice the feeling of tension in the muscles. Mild shaking or discomfort is normal, but stop if you feel pain. Focus only on the targeted muscle group and hold the tension for 5–10 seconds.

Step 2: Release the Tension

- As you exhale, quickly and completely relax the muscles. Pay close attention to the sensation of release and the contrast between tension and relaxation. Allow the muscles to soften, loosen, and become fully relaxed.

Step 3: Rest

- Pause for 10–20 seconds and remain relaxed before moving to the next muscle group. Repeat the process of tensing, releasing, and resting as you continue through each area of the body.

Step 4: Return Your Focus

- When you have finished, slowly count backward from five. Gently bring your attention back to the present moment and notice how your body feels.

5-4-3-2-1

Grounding Technique

Use your senses to connect with the present moment:

• Name 5 things you can see

• Name 4 things you can touch

• Name 3 things you can hear

• Name 2 things you can smell

• Name 1 thing you can taste

Use this chart to record your daily experience. You can fill in the boxes with a checkmark, emoji, or use different colours—it's up to you!

Daily Check-in Chart

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
I moved my body							
I talked with a friend							
I took care of myself							
I Learn something new							
I helped someone							
I felt overwhelmed							
I felt connected to others							
I felt tired							
I felt focused							
I felt angry							
I felt happy							
I felt sad							
I felt worried							
I felt energetic							
I felt bored							

Daily Check-in Chart

Use this chart to record your daily experience. You can fill in the boxes with a checkmark, emoji, or use different colours—it's up to you!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I moved my body							
I talked with a friend							
I took care of myself							
I Learn something new							
I helped someone							
I felt overwhelmed							
I felt connected to others							
I felt tired							
I felt focused							
I felt angry							
I felt happy							
I felt sad							
I felt worried							
I felt energetic							
I felt bored							

Ultimate Reset Playlist

A song that reminds you of someone you care about

A song that reminds you of a good memory.

A song that reminds you of someone who cares about you

A song that stays stuck in your head when you hear it.

A song you know all the words to

A song that represents freedom

A song that matches your vibe when you feel sad or afraid.

A song that matches your vibe when you feel annoyed or angry.

A song that matches your vibe you get when you feel anxious or worried

A song that you'd listen to fall asleep.

A song that makes you feel pumped up.

A song that makes you feel safe.

What am I feeling in this moment?



Emotions Reflection

• What emotions am I experiencing right now?

• Do I have any judgements or opinions about these feelings?

• What might these emotions be trying to tell me?