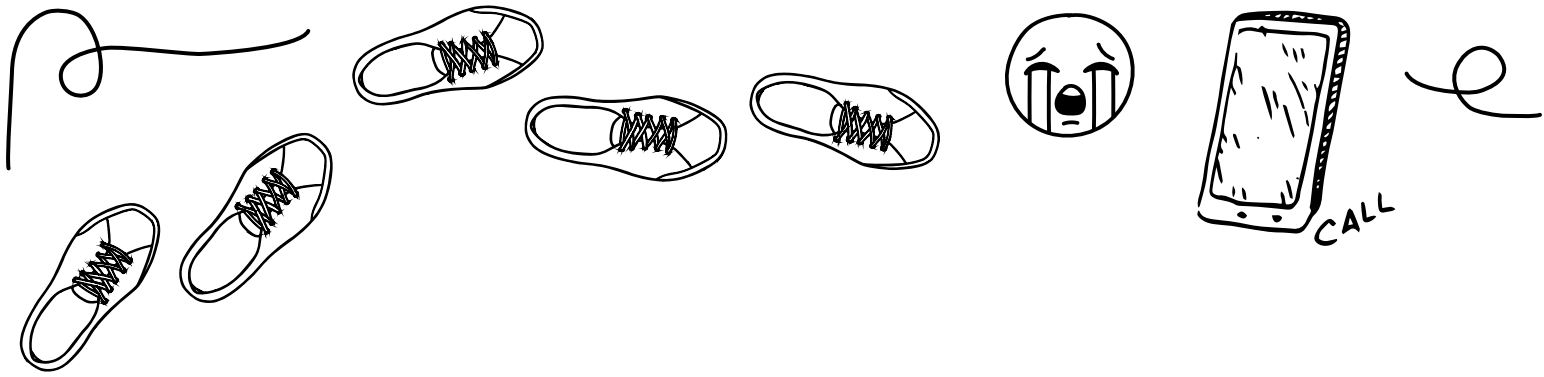


Hacking Emotional Health

Video and Workbook Series



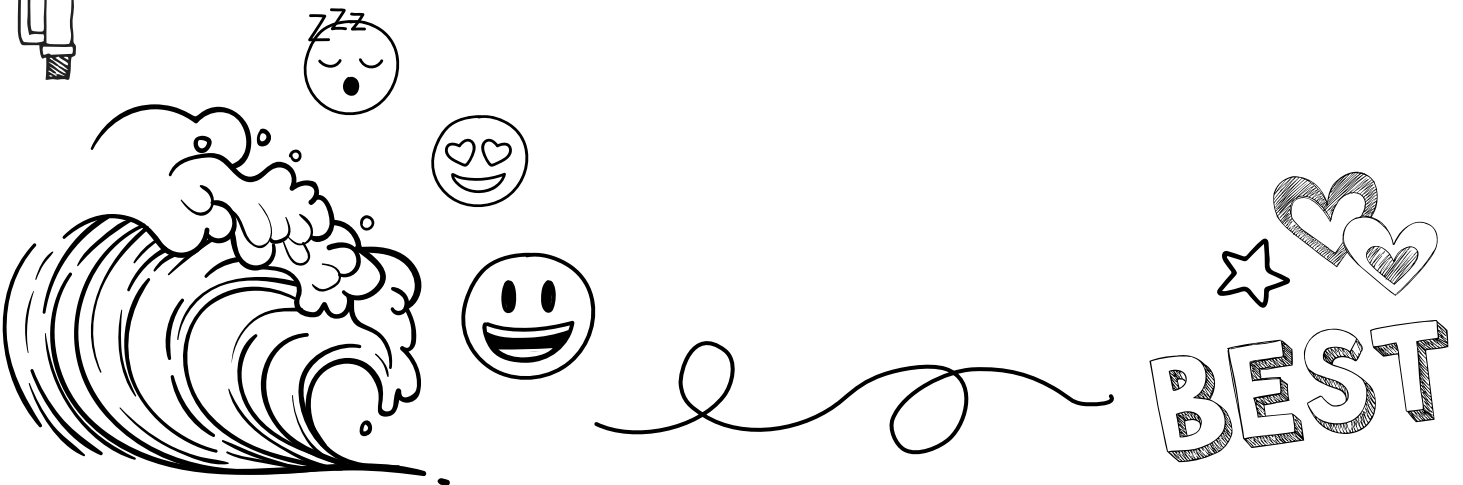


Welcome to Hacking Emotional Health

Teenage life is a whole new world for you. This journey will require you to develop more advanced emotional skills. It's not always easy and takes some practice, and that practice all starts with talking it out.

Talking about social and emotional health can be hard. The more often you have these conversations and work at it, the more comfortable you'll be.

This workbook doesn't know your feelings better than you. You know your emotions best. What this book does offer are some exercises that will provide you with some helpful hacks for talking and working through feelings that will prepare you for the next chapter in your life.



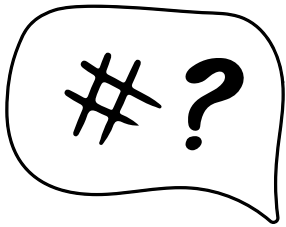


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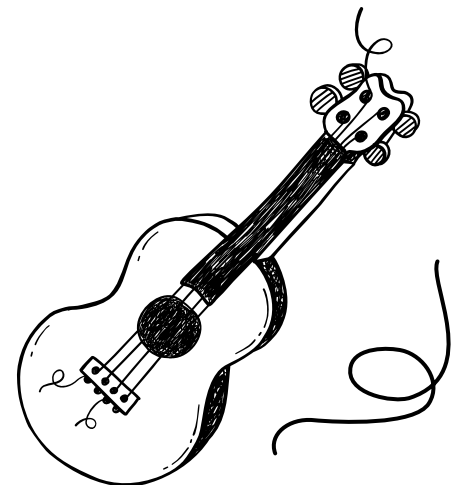
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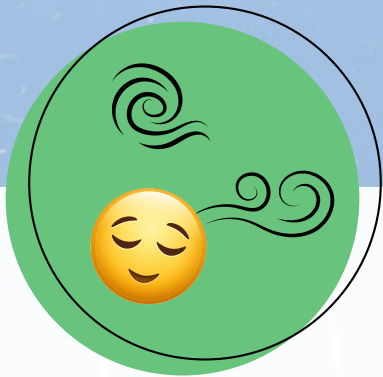
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FRIENDS
FOREVER!

HACKING EMOTIONAL HEALTH: TRAUMA RESPONSE



Introduction

In this section of the workbook, we're going to talk more about how to deal with trauma. First, we should talk a little bit about trauma and what it is. A trauma is the emotional response to a difficult event like injury or the loss of a loved one. Many of us have lived through a trauma, and the emotional effects can last a long time.

"So, how do those effects show up and what can we do about it?"

That's a great question! Almost too great. Have you been reading ahead?

Some of the longer effects of trauma include unwanted thoughts or images, negative feelings, avoiding things we're supposed to do, problems with attention, or just being easily irritable or "on edge." The most important thing you can do if you're experiencing any of these things is to reach out to a teacher, parent, or school counselor for support.

REFLECTIONS:

LIST TRUSTED ADULTS IN YOUR LIFE WHO CAN GIVE YOU SUPPORT.

DOODLES:



Hack 1

When you feel a big wave, remember to take a B.R.E.A.K.

Breathe

Take a deep breath.

Knowledge

Recognize that your feelings are real and you have a right to feel them.

Empowering Words

Say three nice things about yourself.

Absorb

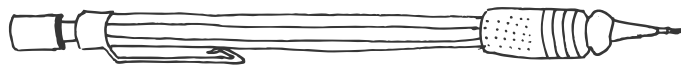
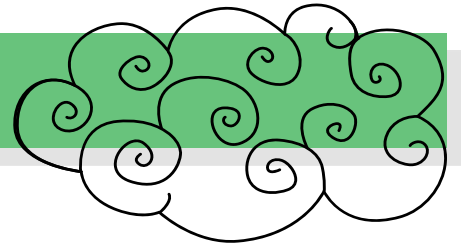
Check in with your senses; notice three things in the room.

Rest

Close your eyes until your mind is clear.



TRAUMA RESPONSE ACTIVITY:



One of the steps in B.R.E.A.K., is to Absorb. By looking at what's around you, your mind and body can focus on something other than your traumatic thoughts. Take the next few minutes and doodle pictures around this super-long block of words. Try doodling one thing you see, one thing you hear, one thing you smell, one thing you can touch, and one thing you can taste. **Noticing more things around us is proven to reduce anxiety.** Proven by scientists who know science stuff. Why are you still reading?



HACKING EMOTIONAL HEALTH: ANXIETY AND STRESS



Introduction

Can you remember the last time you felt anxious or angry? If you're like me, you probably wanted to push those feelings out the door. But the truth is, those feelings are a totally normal part of being human. A super annoying part of being human, but still, part of it. And the thing that makes them go away is the very thing we don't want to do: talk about them.

Anxiety and anger are natural emotions that signal us to pay attention and protect ourselves. It's when those feelings become more than a signal and feel completely overwhelming that we experience problems.

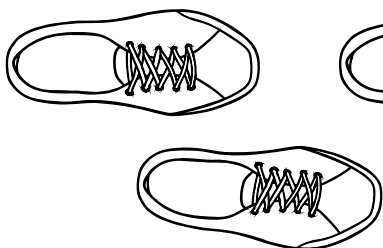
For this workbook activity, you're going to personalize the hacks for coping with anxiety that we talked about in the video so that you can put them to use next time you're stressed.



REFLECTIONS:

WRITE ABOUT A TIME WHEN YOU FELT ANXIETY OR STRESS AND WHAT YOU DID ABOUT IT.

DOODLES:



Hack 2

There are lots of things you can do when anxiety and stress come around.



Check in with a friend

Write down your thoughts

Go for a walk

Pause and take a moment

Listen to music



ANXIETY & STRESS ACTIVITY:

WHO WOULD YOU CHECK IN WITH AND WHY?

WHAT MUSIC OR SONGS ARE SOOTHING TO YOU AND WHY?

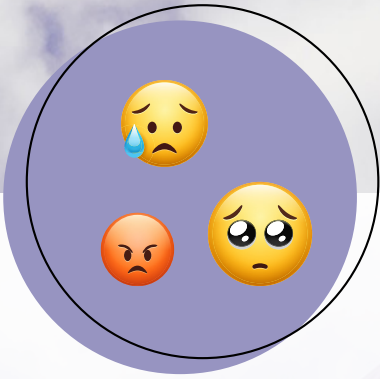


WHAT MESSAGE WOULD YOU GIVE TO YOURSELF WHEN YOUR ANXIOUS OR STRESSED?

WHERE'S A PLACE YOU LIKE TO WALK?



HACKING EMOTIONAL HEALTH: IDENTIFYING FEELINGS



Introduction

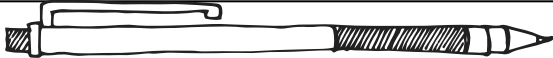
This time we're talking about emotional health. When we're healthy, our body is able to move, adjust and react easily to any physical challenges that come our way. Emotional health is the same thing, but with feelings. When we're emotionally healthy, we're able to express feelings, adjust to emotional challenges, tolerate frustration, cope with life's stress, and enjoy life.

The best way to stay emotionally healthy is to know our strengths and identify what we can get better at. It helps us be independent, but also helps us recognize when we can't do it alone. With some tools, tips and practice, you can become an emotional health legend. It all starts with knowing how to recognize and identify your emotions.

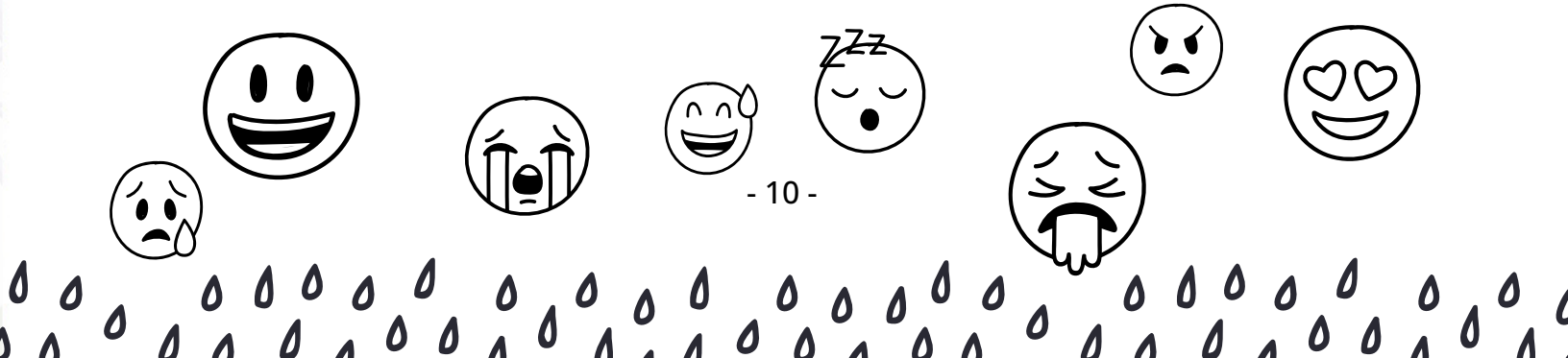
For this workbook activity, we'll use a feelings wheel to help you identify emotions you've had recently, and then take some time to think about how you managed those emotions.

REFLECTIONS:

WRITE ABOUT A TIME YOU MANAGED DIFFICULT EMOTIONS WELL. DID YOU WALK AWAY, TAKE A BREATH, OR DO SOMETHING ELSE?



DOODLES:

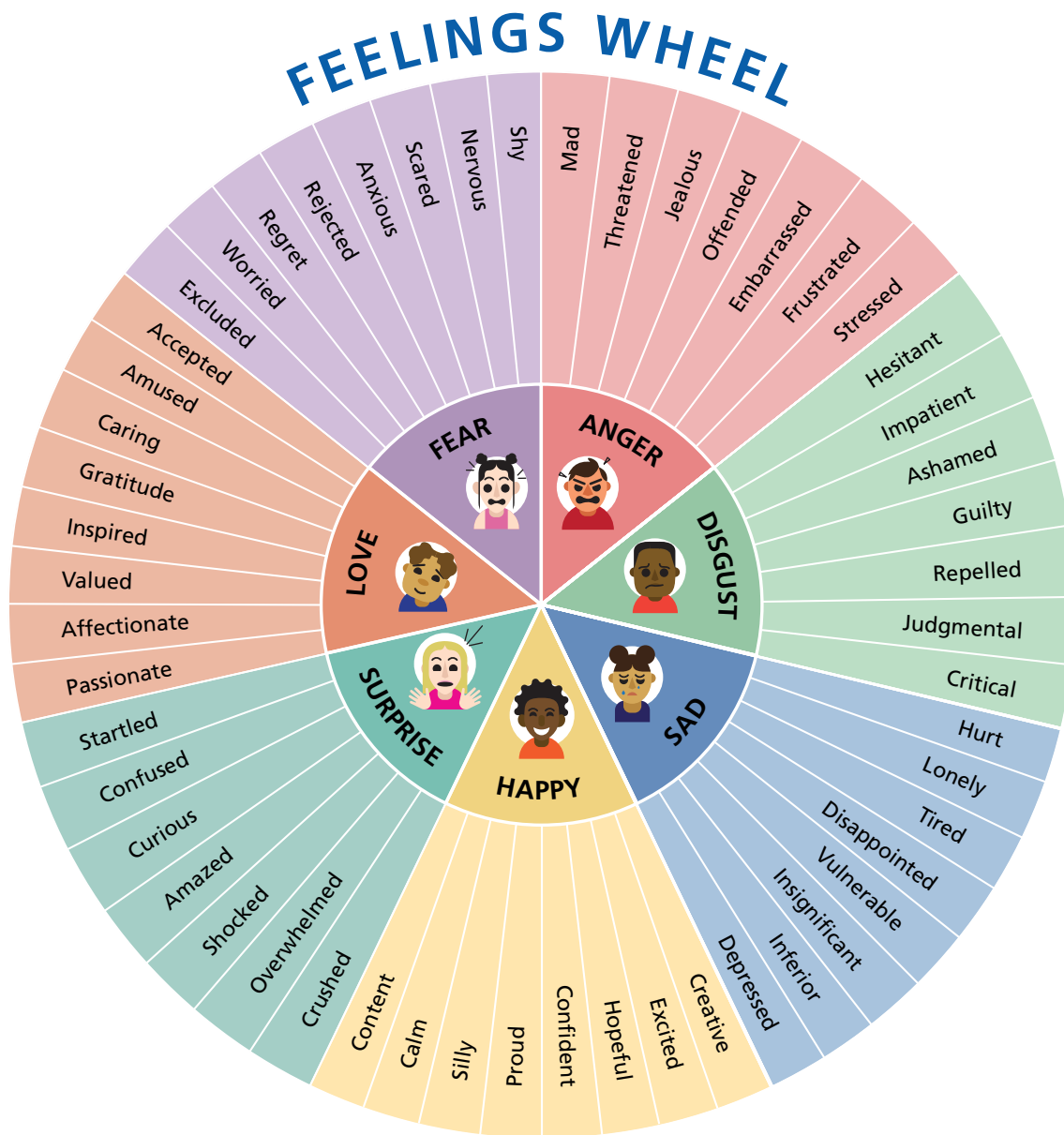


Hack 3

When emotions pop up, take some time to identify what you're feeling.



IDENTIFYING FEELINGS ACTIVITY:



THINK ABOUT A RECENT EXPERIENCE AND WRITE DOWN ALL THE FEELINGS YOU FELT.



HACKING EMOTIONAL HEALTH: SOCIAL HEALTH



Introduction

For this last workbook activity, we're going to practice some ways to have healthy relationships. Middle school can sometimes feel like an emotional roller coaster, where friendships are constantly changing. That's when having a strong base of social health comes in handy. Social health is all about having healthy relationships with friends, family and the community, and having an interest in, or concern for, others.

Making meaningful connections with new people requires being open, being a good listener, and being yourself. Fun fact: Everyone feels nervous about putting themselves out there. But, with practice, you'll get more comfortable with it, and you'll be set up for success in the future.

On the next page, you'll find a bunch of friend traits. Pick out the ones that are important to you, and keep that list around to check back every once in a while so that you can continue to have healthy and lasting friendships.



REFLECTIONS:

WRITE ABOUT A TIME WHEN YOU HAD A MEANINGFUL CONNECTION WITH A FRIEND OR FAMILY MEMBER:

DOODLES:



BEST 
FRIENDS 
FOREVER!



Hack 4

Identify what personality traits are important to you in a relationship.

FRIENDSHIP



SOCIAL HEALTH ACTIVITY:

Moving at the speed of middle school can be hard, so it's helpful to list the traits you look for in a friend. What qualities do you admire? Is it honesty? Is it calm?

Circle traits out of the word-bank list below that are **most** important to you.



- | | | | | |
|--------------|----------|---------------|------------|------------|
| Calm | Caring | Compassionate | Confident | Inclusive |
| Considerate | | Cooperation | | Courage |
| Committed | Curious | Creative | Determined | Dependable |
| Enthusiastic | | Flexible | | Forgiving |
| Generous | Gentle | Helpful | Honest | Joyful |
| Kind | | Loyal | Patient | Reliable |
| Responsible | | Respectful | | Thankful |
| Trustworthy | Truthful | Understanding | | United |

WRITE DOWN FRIENDS AND FAMILY MEMBERS WHO LIVE UP TO THOSE TRAITS.



