



ACTIVITY BOOK

MENTAL WELLNESS

GRADES 9 - 12



NAME: _____



TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 PLEDGES FOCUS ON ENDING SOME OF THE WORST SOCIAL ISSUES AFFECTING OUR COMMUNITIES, FROM DISTRACTED DRIVING TO ACTS OF VIOLENCE. EACH PLEDGE CHALLENGES MEMBERS TO PRACTICE COMPASSION, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.





A Message From Our Founder

Whatever you are feeling, those feelings are valid. Emotions have important messages to share. Paying attention to your feelings can make you more self-aware. Sharing your feelings helps other people to better understand you. Emotions also guide us to make healthy choices. We can pursue things that make us happy and use caution in scary situations.

Your emotions represent every part of you. Listening to your emotions help you navigate through all of life's challenges and triumphs.

In this lesson, we will learn how to recognize our emotions and practice behaviors that promote mental well-being.

*Need some help expressing yourself? **Helplines are always available at [TextPledge.us](https://www.textpledge.us)***

Happy Learning!



Ms. Naomi
Founder at the TextPledge Project



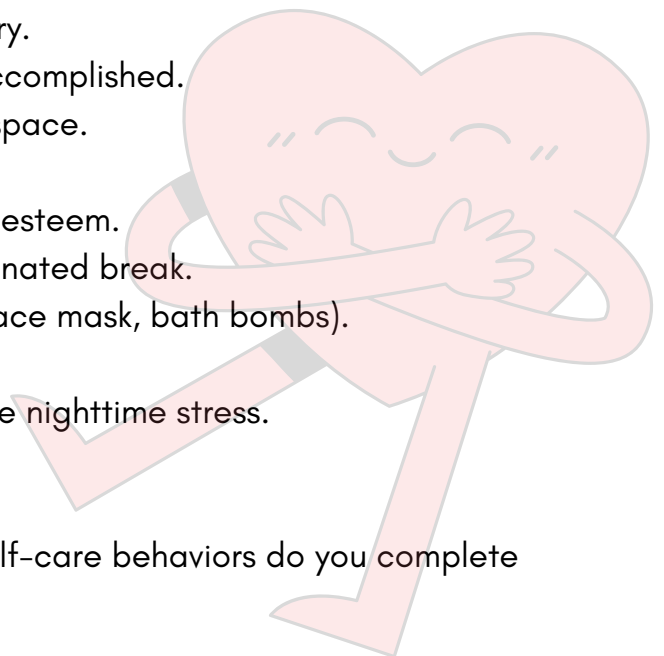
SELF-CARE CHECKLIST

Please review the self-care checklist below and place a checkmark next to the activities you are already doing as part of your daily routine. For activities you are not currently doing, consider adding them to your routine to enhance your well-being and reduce stress.

- Get 7-9 hours of sleep.
- Start the day with a healthy breakfast.
- Practice deep breathing for 5 minutes.
- Take a short walk outside.
- Drink at least 8 glasses of water.
- Eat a balanced meal with fruits and vegetables.
- Engage in 30 minutes of physical activity.
- Connect with a friend or family member.
- Write in a journal or reflect on your day.
- Listen to calming music or your favorite tunes.
- Take a break from screens (phone, computer, TV) once per hour.
- Practice mindfulness or meditation for 10 minutes.
- Engage in a fun hobby.
- Read a book or articles of interest.
- Set and prioritize daily goals.
- Treat yourself to a favorite snack or treat.
- Express gratitude by listing things you're thankful for.
- Set boundaries and say "no" when necessary.
- Complete a small task or project to feel accomplished.
- Declutter or organize a part of your living space.
- Watch a funny or inspiring video or movie.
- Say positive affirmations to boost your self-esteem.
- Disconnect from work or school for a designated break.
- Pamper yourself with self-care products (face mask, bath bombs).
- Stretch or do yoga for 15 minutes.
- Make a to-do list for the next day to reduce nighttime stress.

Add it Up!

Count up your score. How many of these self-care behaviors do you complete daily? _____ / 26

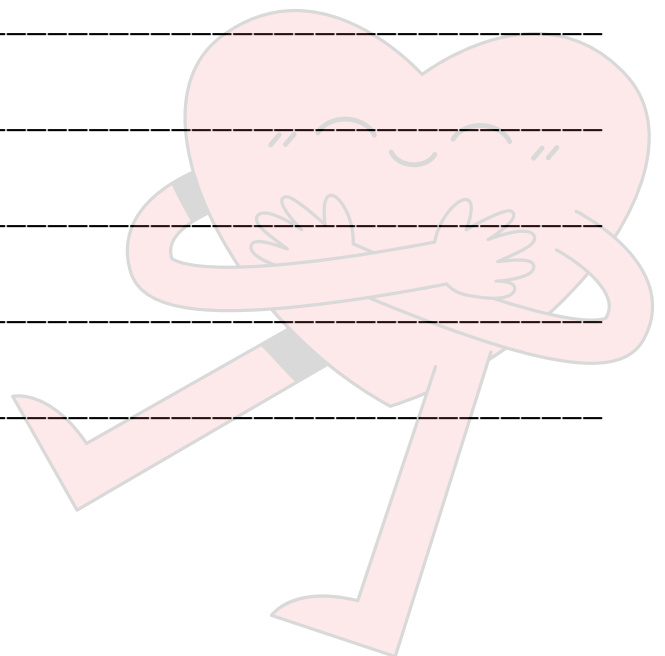


SELF-CARE CHECKLIST (CONT.)

Now that you have completed a daily self-care inventory. Let's take a moment to reflect.

Are you practicing any self-care behaviors that are not on this list? Please list them below.

There is always more we can be doing to improve how we treat our bodies and minds. Write something additional you could be doing. What are the potential benefits of this added activity?



RELAXING MANDALA

Anti-stress Coloring Page

Mandala coloring is a versatile and therapeutic activity that can teach you a variety of life skills while promoting mental well-being.

- Take deep breaths, be present in the moment, and focus on the coloring process. It's about relaxation, not perfection.
- Colors can convey emotions and moods. Think about how you feel and select colors that resonate with those emotions. For instance, warm colors like red and orange can evoke energy and passion, while cool colors like blue and green can bring a sense of calm.





MENTAL WELLNESS

MULTIPLE CHOICE

Research to find the most reliable sources and gather information to select the correct answers for each question.

1 What is the definition of mental wellness?

- a) The absence of all stress and negative emotions
- b) The state of emotional, psychological and social well-being.
- c) Achieving perfection in all aspects of life

2 Which of the following is NOT a common symptom of stress?

- a) Increased heart rate
- b) Better sleep patterns
- c) Feeling Anxious

3 Which of these activities can help improve your mental wellness?

- a) Isolating yourself from others
- b) Engaging in regular physical activity
- c) Constantly worrying about the future

4 Which of the following is NOT a common mental health disorder?

- a) Depression
- b) Schizophrenia
- c) Diabetes

5 What's an essential step in seeking help for mental health issues?

- a) Ignoring the problem and hoping it goes away
- b) Talking to a trusted adult or professional
- c) Self-medicating with alcohol or drugs

6 What is the term for the ability to bounce back from adversity or cope with life's challenges?

- a) Stress management
- b) Emotional intelligence
- c) Resilience

7 What is the primary function of the amygdala in the brain?

- a) Controlling voluntary movements
- b) Regulating body temperature
- c) Managing long-term memory

8 Which organization can students turn to if they need help or someone to talk to about their mental wellness?

- a) local Law Enforcement
- b) National Mental Wellness Association
- c) Their school guidance counselor

9 What is the primary goal of organizations like the National Alliance on Mental Illness (NAMI)?

- a) Promote mental health stigma
- b) Provide support and education to individuals and families affected by mental health challenges
- c) Advocate for banning all forms of mental health treatment

10 What is the term for the ability to understand and manage one's own emotions and the emotions of others?

- a) Empathy
- b) Stress management
- c) Emotional Intelligence

COPING STRATEGIES ACTIVITY

In this activity, we will explore various coping strategies for managing stress and anxiety in different scenarios. We will start by exploring different coping strategies. Then read the scenarios on the next page and write about or draw your preferred methods of coping in that specific situation.

Before we dive into the scenarios, let's learn about various coping strategies that can help you manage stress and anxiety. Here are some strategies to consider:

DEEP BREATHING

Practice deep breaths to calm your nerves and reduce stress.



VISUALIZATION

Imagine positive outcomes to boost your confidence and reduce anxiety.



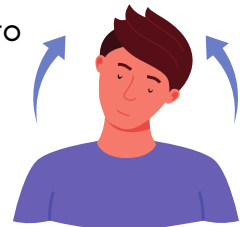
POSITIVE AFFIRMATIONS

Repeat positive statements to improve self-esteem and self-worth.



PROGRESSIVE MUSCLE RELAXATION

Relax muscle groups to reduce physical tension.



MINDFULNESS

Use mindfulness techniques to stay present and reduce stress.



FAMILIAR PROPS

Use comforting items or cues like note cards to enhance confidence.



PEER SUPPORT

Seek support from a friend, family member, or colleague to share your feelings and get advice.



PRACTICE & PREPERATION

Thoroughly rehearse and prepare for a specific situation to build confidence.



TIME-OUTS

Allow yourself short breaks to recharge and clear your mind when needed.



JOURNALING

Write down your thoughts and emotions to process and release stress.



PHYSICAL ACTIVITY

Engage in exercise or physical activities to reduce stress and boost mood.



SEEKING PROFESSIONAL HELP

Consult a mental health professional for guidance and support when needed

HELP!

TIME MANAGEMENT

Organize your tasks and create a schedule to reduce feelings of overwhelm.



GRATITUDE PRACTICE

Reflect on things you're grateful for to shift your focus to the positive aspects of life.



COPING STRATEGIES ACTIVITY (CONT.)


Now, we will present you with different scenarios. For each scenario, you will need to:

1. Read the scenario provided carefully.
2. Think about how you would cope with the stress or anxiety in that situation.
3. Write down points to describe your preferred coping methods. You can choose any of the coping strategies we've discussed, or a combination of them.

SCENARIO 1: PUBLIC SPEAKING ANXIETY

You are tasked with giving a presentation in front of a large audience. You're feeling nervous and anxious. Choose coping strategies to manage your anxiety.

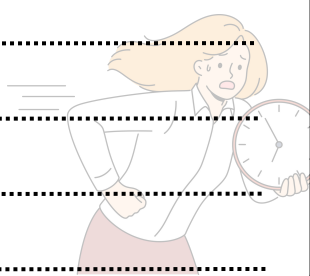
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SCENARIO 2: DEADLINE PRESSURE

You have a demanding exam approaching, and the pressure is mounting. Choose coping strategies to manage your workload and reduce stress.

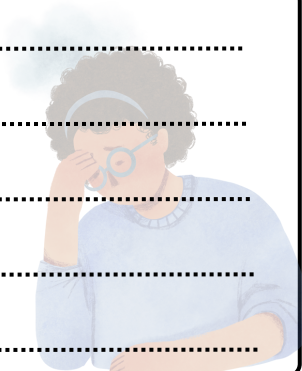
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SCENARIO 3: UNEXPECTED CHANGE

You've just received unexpected news or experienced a significant change in your life that's causing you stress and anxiety. Describe what you would do to cope with this situation. Share the coping strategies you would use to manage your emotions and adapt to the change.

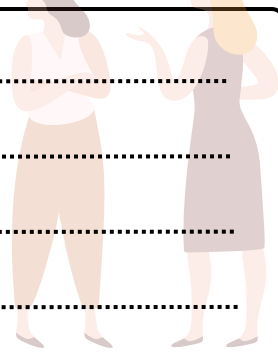
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SCENARIO 4: CONFLICT WITH A FRIEND

You've had a disagreement with a close friend, and it's causing you stress. Choose coping strategies to address and resolve the conflict.

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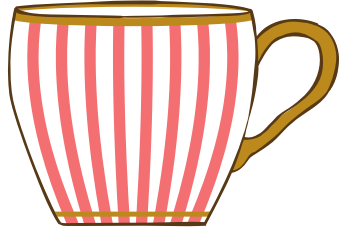


POSITIVE AFFIRMATIONS

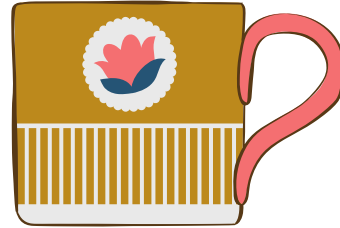
Positive affirmations are powerful statements that help boost self-esteem and self-worth.



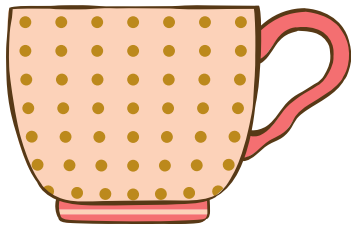
POSITIVE AFFIRMATION EXAMPLES



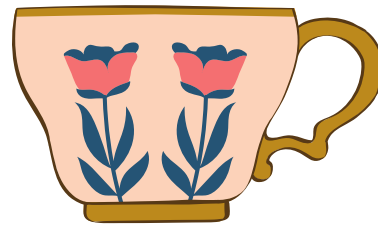
You are in charge of what happens next.



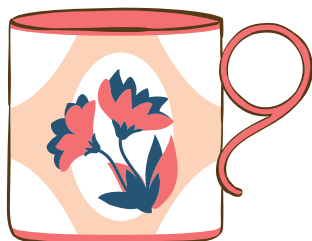
You are worthy of great things.



You are capable of achieving anything.



You have the courage to move forward.



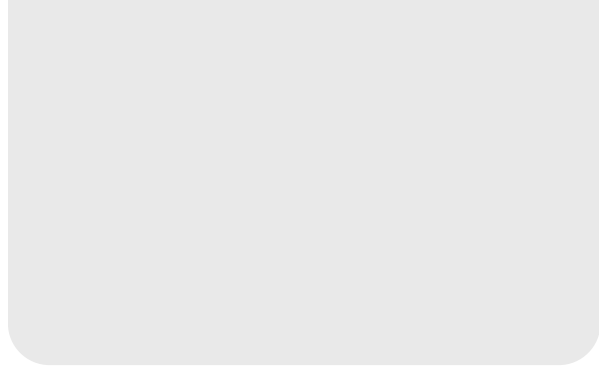
You are not your mistakes.



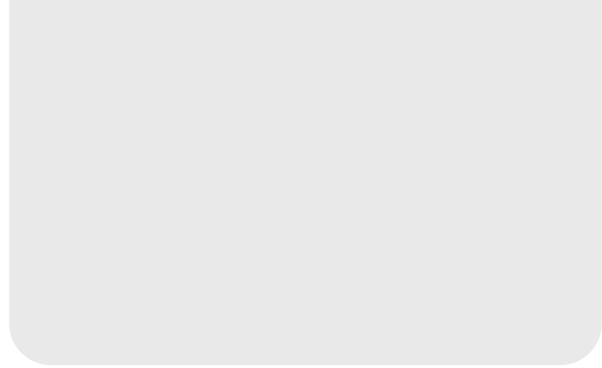
You are loved and appreciated.

Take some time to create your own affirmations and write them down below. You can repeat them daily for self-empowerment.

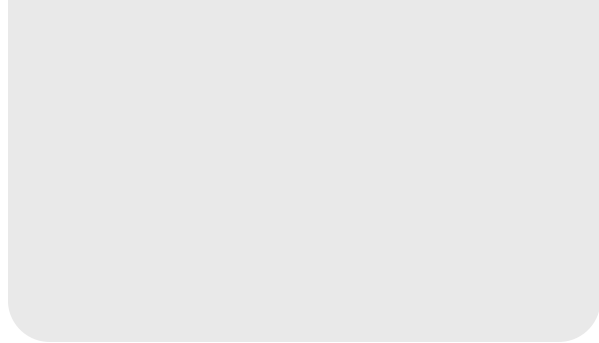
AFFIRMATION 1



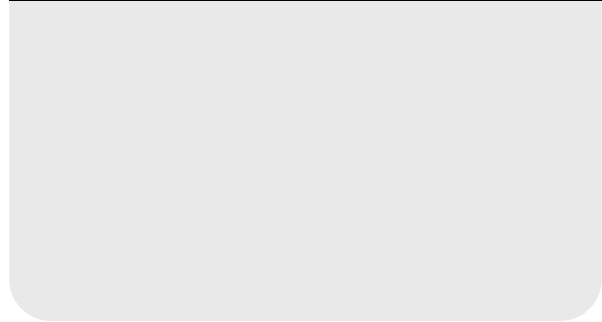
AFFIRMATION 2



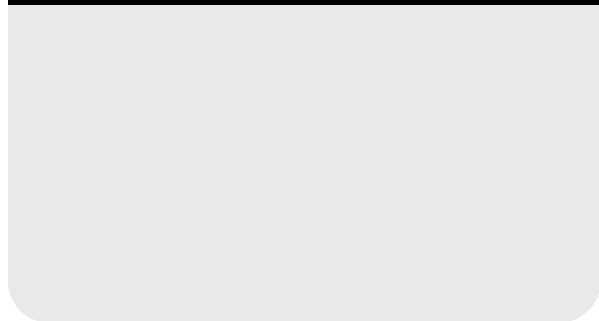
AFFIRMATION 3



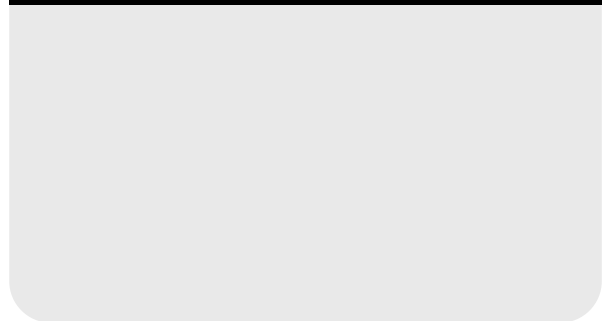
AFFIRMATION 4



AFFIRMATION 5



AFFIRMATION 6



DAILY REFLECTION

Self-reflection can lead to increased self-awareness and improved mental health by helping you manage stress, set goals, and make decisions that align with your values and priorities.

Here's a guide on how to complete a daily reflection form given on next page.

1. How did you feel today?

- Share your emotions, whether it was a good day, a challenging one, or somewhere in between.
- Identify specific feelings like happiness, stress, excitement, or frustration.

2. Three great things that happened today:

- List three positive experiences or moments from the day.
- These could be accomplishments, acts of kindness, or moments of joy.

3. Challenges of the day:

- Reflect on any difficulties you faced during the day.
- Describe what challenges you encountered and how they made you feel.

4. Achievements of the day:

- Highlight personal achievements or progress you made.
- This can be related to school, personal goals, or any area of your life.

5. I am grateful for...:

- Express gratitude by listing things you are thankful for.
- It could be people, opportunities, or anything that made your day better.

6. What can I do to make tomorrow better:

- Set goals or intentions for the next day.
- Consider what actions or mindset changes can lead to a more positive day.

① How did I feel today?

② Three great things that happened today:

③ Challenges of the day:

④ Achievements of the day:

5 I am grateful for:

6 What can I do to make tomorrow better than today?

PREVENTION BULLYING

Let's take a stand against bullying and work together to create a more inclusive and respectful environment.

In this activity, you'll take the initiative to research information about bullying on the internet.

① **What is Bullying?** (Write short definition of bullying in space below)

② **The Impact of Bullying:**

Describe how bullying can affect a person's mental and emotional well-being. Use the space to write your thoughts.

③ **Types of Bullying:**

List three types of bullying (e.g., physical, verbal, social).

Describe them:

<hr/>	<hr/>
<hr/>	<hr/>
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④ **Recognizing Bullying:**

List signs or behaviors that could indicate someone is being bullied. It's essential to be aware of these signs.

5 **Bystander Action:**

Describe one action you can take as a bystander to help stop bullying.

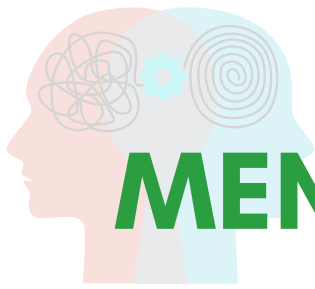
6 **Report Bullying:**

Write down the contact information for a trusted adult or authority you can report bullying to.

7 **Create a Pledge:**

Craft a personal pledge to stand up against bullying. Write your commitment to make a difference in your school or community.

Remember, your actions and kindness matter. By understanding the impact of bullying on mental wellness, you can be an advocate for positive change. Stand up against bullying, support your peers, and contribute to a school environment that promotes mental well-being and respect. Together, we can make a difference.



MENTAL WELLNESS

Find and circle the mental wellness themed words listed below.

E	T	F	F	E	G	N	I	P	O	C	T	T	E	G
R	E	S	I	L	I	E	N	C	E	C	E	O	M	U
S	R	R	E	F	L	E	C	T	I	O	N	A	P	I
W	E	L	L	N	E	S	S	H	E	M	G	U	A	S
E	R	A	C	F	L	E	S	S	I	P	S	Y	T	N
P	O	S	I	T	I	V	I	T	Y	A	U	S	H	O
K	I	N	D	N	E	S	S	N	I	S	P	T	Y	I
S	S	E	N	E	R	A	W	A	I	S	P	R	F	T
S	R	Y	T	E	I	X	N	A	E	I	O	E	N	A
E	E	D	U	T	I	T	A	R	G	O	R	S	X	M
M	E	D	I	T	A	T	I	O	N	N	T	N	G	R
I	T	I	S	E	L	F	E	S	T	E	E	M	D	I
G	S	C	N	O	I	T	A	X	A	L	E	R	L	F
J	S	T	U	D	I	E	S	U	B	J	E	C	T	F
H	A	P	P	I	N	E	S	S	P	Y	I	E	C	A

AWARENESS

HAPPINESS

WELLNESS

SELFCARE

COMPASSION

SELFESTEEM

MEDITATION

KINDNESS

EMPATHY

COPING

POSITIVITY

SUPPORT

REFLECTION

STRESS

RELAXATION

RESILIENCE

GRATITUDE

ANXIETY

AFFIRMATIONS

Congratulations!

You have completed the activity book. Taking this pledge is just one symbol of your commitment to make the world a kinder place.

What happens next?

Students can continue to make a difference through the following actions:

- Reflect and practice self-awareness.
- Speak up and confront social issues and injustices.
- Know where to find resources and support.



**Complete our survey for a chance to win
Text Pledge swag!**

Share your thoughts about our activities! We want to know how to make them better.



TEXT PLEDGE

RISE UP



TEXT PLEDGE

RISE UP

Commit to all ten pledges

1

**STOP DISTRACTED
DRIVING**

6

**STOP DOMESTIC
VIOLENCE AND ASSAULT**

2

**END
DISCRIMINATION**

7

**END DRIVING UNDER
THE INFLUENCE**

3

**END ACTS
OF VIOLENCE**

8

**STOP HUMAN
TRAFFICKING**

4

**PREVENT BULLYIN AND
CYBER BULLYING**

9

**PROTECT ANIMAL
RIGHTS**

5

**RAISE MENTAL HEALTH
AWARENESS**

10

**PROTECT THE
ENVIRONMENT**

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