

**Mind First,
Grades Will Follow.**

A Fatskills Campaign

“Where Do I Start?”

Feeling Overwhelmed or Low-Key Lost? Start Here:

Q1: How are you feeling right now?



◆ “I’m not okay, but I don’t even know where to begin.”

→ **Go to:**

 *Mental Health 101 – A Student’s Survival Guide* (pg __)

 *Quick Mental Health Check-In Questionnaire* (pg __)

Q2: Do you feel something specific — like sadness, stress, or social anxiety?



◆ “Yes, I just feel really ____.”

→ **Go to:**

 *Dealing With Negative Emotions* (pg __)

Depression Strategies (pg __)

 *Loneliness & Making Friends* (pg __)

 *Social Anxiety & Public Speaking* (pg __)

Q3: Just need a quick mental reset?



◆ “Yes! Give me something small I can do *right now*.”

→ **Go to:**

💡 *Coping Ideas: Quick Mood Boosters* (pg __)

📅 *Daily Mood Tracker Template* (pg __)

Q4: Want to better understand your feelings?



◆ “Yeah, I can’t even name what I feel.”

→ **Go to:**

🎯 *Emotions Wheel* (pg __)

🧠 *Emotion Awareness Table* (pg __)

🌐 *Tap-Your-Mood Emoji Grid* (pg __)

Q5: Feel stuck in negative thoughts?



◆ “All the time.”

→ **Go to:**

💬 *Self-Talk Reframing* (pg __)

Q6: Are you a teacher/supportive adult looking to help someone else?



◆ “Yes, I want to support a student.”

→ **Go to:**

👁️ *For Teachers: Spot a Struggling Student* (pg __)

Still not sure? Start with the Check-In Questionnaire and go from there. No wrong answers. Just support.

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Emotions Wheel with a "Tap-Your-Mood" Grid Style

Mental Health: A Student's Survival Guide

Because your mind deserves as much care as your grades.

Sleep = Superpower

- Your brain needs 7–9 hours to store memories and regulate emotions.
- Try: A "no screens" rule 30 mins before bed. Read or listen to calming music instead.

Move to Improve Your Mood

- 20 mins of walking/day lowers stress hormones. Dance, yoga, or even pacing counts!
- "Exercise snacks" (e.g., 10 squats between study sessions) boost focus.

Eat for Energy, Not Just Convenience

- Sugar crashes = anxiety spikes. Pair carbs with protein (e.g., toast + eggs).
- Hydrate! Dehydration worsens fatigue and brain fog.

Stress Hacks for Overwhelmed Days

- 2-Minute Reset: Breathe in (4 sec), hold (4), exhale (6). Repeat 3x.
- 5-4-3-2-1 Grounding: Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.



Connection > Perfection

- Isolation fuels burnout. Send a meme to a friend or study in a café.
- Say "no" guilt-free. Overcommitting drains you.



Talk Back to Negative Thoughts

- Replace "I'm failing" → "I'm figuring this out."
- Write 1 daily win (e.g., "I asked for help").



When to Seek Help

- Free campus counseling exists—use it early!
- Crisis support: Text/Call 988 (U.S.) or your local hotline.







Quick Mood Boosters

- Sunlight for 10 mins (natural serotonin).
- Listen to upbeat music (proven to lower anxiety).
- Help someone (even small acts release dopamine).





For Teachers: Spot a Struggling Student

Not all cries for help are loud. Here's what to look for:

Behavioral Red Flags

-  Mood Swings → Sudden withdrawal, anger, or crying
-  Performance Drop → Missing assignments, zoning out in class
-  Exhaustion → Falling asleep, looking constantly drained
-  Perfectionism → Panicking over small mistakes, overworking

How to Help (Without Pressure)


-  Start Casual: "Hey, I noticed you've seemed [stressed/tired] lately. Wanna grab a snack and chat?" 
-  Avoid: "Just push through!" → Try: "What's feeling hardest right now?"
-  Connect Them: "The counseling office is super chill—want me to walk you there?"

Pro Tip: Add a QR code to your school's mental health resources! 

Exam Stress? Try These Hacks!

No toxic positivity here—just real ways to cope.

Before the Test

-  "Brain Dump" → Write fears on paper ("I'll fail!") then rip it up!

- 🕒 Study Smarter → 20 mins active recall (flashcards) > 2 hrs re-reading
- 🎵 Pump Up Jams → Upbeat music (lo-fi, pop) while studying = better focus 🎧

📖 During the Exam

- 😱 🗨️ Panic? → 5-4-3-2-1 Grounding (Name things you see, feel, hear...)
- 🛑 Stuck? → Skip, circle back later. Done > perfect! ✅

🍦 After the Test

- 🍫 Reward Yourself → Chocolate, a walk, or a guilt-free Netflix break 🍿
- 💬 Reframe It → "This test doesn't define me. I did my best!"

💡 Quick Mental Health Boosters

- ☀️ 10 mins sunlight = Instant mood lift!
- 🤝 Help someone → Hold a door, text a friend. Good vibes boomerang!
- 📵 Digital Detox → 30 mins no screens = less anxiety

🆘 Need Help?

- You're not alone. Reach out. 💙

Quick Mental Health Check-In

Rate how often you've felt this way in the past 2 weeks:

(☀️ = Rarely/Never | ☁️ = Often/Always)



Questionnaire

1. I've felt overwhelmed by school/work.



2. I've had trouble sleeping (too much/too little).



3. I've lost interest in things I usually enjoy.



4. I've felt lonely or disconnected from others.



5. I've been harder on myself than usual.



6. I've had low energy (even after resting).



7. I've felt anxious (racing thoughts, stomachaches, etc.).



8. I've avoided social interactions (friends, family, class).



9. I've felt too exhausted to focus.



10. I've skipped meals or overeaten due to stress.



11. I've felt physically tense (headaches, stomachaches, etc.).



12. I've compared myself negatively to others.




13. I've put off tasks until the last minute.



14. I've felt hopeless about the future.



Physical & Emotional Signs

13. My heart races even when I'm not exercising 



14. I've had thoughts like "Nothing matters anyway"



15. I feel physically sick (nausea/headaches) before social situations



Scoring Guide

- 🌟 = 1 point (Rarely/Never)
- 🌟🌟 = 2 points (Sometimes)
- 🌟🌟🌟 = 3 points (Frequently)
- ☁️ = 4 points (Often/Always)




Add up your total!

 What Your Score Means

 Score Range: **15-60**

- **15-25:** You're doing okay! Keep up healthy habits. 🌱
- **26-40:** Mild stress—try self-care or talk to someone. 💬
- **41-60:** High stress—consider reaching out for support. 🆘

Next Steps

-  **15-25?** Keep thriving! Maybe try one extra self-care habit this week.
-  **26-40?** Pause and check in with yourself. A short walk or chat with a friend could help.
-  **41-60?** You're not alone. Talk to a counselor, trusted adult, or friend. Support is out there!

Teacher's Guide: Interpreting Scores

Score Ranges & Suggested Responses

- **15-25: Green Zone** → Praise coping skills! Example: "Love that you're using breaks wisely—keep it up!"
- **26-40: Yellow Zone** → Gentle check-in. Try: "I noticed your score was mid-range. Want to brainstorm one stress-buster together?"
- **41-60: Red Zone** → Private conversation. Say: "Your answers show you're carrying a lot. How can I help connect you to support?"

When to Escalate

- If a student mentions self-harm or hopelessness, follow school protocol immediately.
- Never promise confidentiality—explain: "I care about you, so I might need to ask for extra help."

Pro Tips

- **Normalize the conversation:** "Scores can change—this just helps us notice patterns."
- Offer to walk them to counseling if they're nervous.

Design Ideas:

- Use color zones (green/yellow/red) for scores.
- Add a "Coping Ideas" tear-off sheet at the bottom.



Coping Ideas: Quick Mood Boosters

Pick 1–2 to try today!



For Low Energy

- **"2-Minute Dance Party"** → Blast your favorite song and move! 🎵
- **Hydrate + Snack** → **Water + nuts/fruit** = instant fuel. 🥜 🍏



For Overwhelm

- **"5-4-3-2-1" Grounding** → Name things around you (e.g., "I see a blue pen").
- **Doodle Your Feelings** → Scribble colors/shapes—no art skills needed! 🖋️



For Loneliness

- **Text a Friend a Meme** → No deep talk required. 😂
- **Pet an Animal** → Dogs/cats lower stress hormones. 🐶



For Self-Criticism

- **Write a "Reverse To-Do List"** → List what you did accomplish (e.g., "Got out of bed"). 📝
- **Say: "I'm doing my best right now."** → (Even if it doesn't feel true yet.)



NOTES





🌟 Brain Dump 🌟

A series of horizontal dotted lines for writing notes.

Dealing With Negative Emotions

(When feelings feel overwhelming)

The RAIN Method

-  Recognize ("I'm feeling _____")
-  Allow ("It's okay to feel this")
-  Investigate ("Where do I feel this in my body?")
-  Nurture (Hand on heart: "This is hard but temporary")

Try This: Scream into a pillow for 10 seconds → releases tension instantly →

The Emotional Toolkit

1. Name It to Tame It

- Use the "Emotion Wheel" (find online) to pinpoint exactly what you're feeling
- Example: Instead of "bad," try "I feel disregarded + stagnant"

2. The 90-Second Rule

- Emotions create chemical floods that last 90 seconds in the body
- Do this: Set a timer, focus on the physical sensation (e.g., chest tightness), and watch it fade

3. Opposite Action Technique

Feeling Urge Opposite Action

Anger Isolate Text a friend a funny GIF

Shame Hide Share with someone safe (*"I felt embarrassed when..."*)

💡 Pro Tip: Keep an "**Emotional First Aid Kit**" – a notes app list of:

- Songs that calm/energize you
- A saved meme that always makes you laugh
- Photos of people/pets who love you

♥ Depression Strategies

(When motivation is MIA)

😞 When Everything Feels Heavy

- **The 1% Rule:** Do just 1% better (e.g., "Today I'll brush my teeth + drink water")
- **Shadow Comforts:** Notice numbing behaviors (doomscrolling, binge-eating) without judgment
- **Body Double Trick:** Have a friend sit with you while you do tasks (no talking needed)

💡 **Hope Reminder:** Depression lies. The brain can heal with time and support.

⚙️ Mechanical Motivation (Doing > Feeling)

• The 5-Minute Game:

1. Pick a task (e.g., laundry)
2. Set a timer for 5 mins
3. After 5 mins, you can stop guilt-free (but often you'll keep going)

• Body Before Brain:

Depression disrupts "top-down" motivation – try "bottom-up" approaches:

1. Splash cold water on your face → triggers dive reflex (calms nervous system)
2. Eat a crunchy food (apples, nuts) → somatic grounding

Rebuilding Joy

- **Micro-Pleasures List:** Write down 3 tiny things that used to bring comfort (e.g., the smell of rain, a favorite childhood snack) and reintroduce one daily

⚠ Safety Note: If you have thoughts of self-harm, tell someone immediately – this is your brain malfunctioning, not reality.



Loneliness & Making Friends

(Even If Socializing Feels Awkward)

Loneliness & Friendship Guide For When You Feel Invisible

- **"Third Place" Theory:** Find 1 non-school spot (café, gaming server, dog park) to visit regularly → familiarity builds connections
- **Low-Pressure Socializing:**
 - Compliment someone's shoes/phone case
 - Join a "study with me" YouTube livestream for virtual company
 - **Reconnect Old Bonds:** Text a childhood friend with a nostalgic meme



Connection Pathways

1. Activity-Based Bonding (Easier than small talk)

- Join a recurring low-pressure group (book club, hiking meetup, gaming server)
- Script for First Timers: "Is this your first time here too?"


2. The 3-Question Trick

People love talking about themselves. Ask:

- "What's your favorite thing about [shared activity]?"
- "What got you into it?"
- "Any recommendations for a newbie?"

3. Digital Bridges

- Use Bumble BFF or Meetup to find others seeking friends
- Join Twitch streams with small viewer counts and chat with the community



 **Consistency > Intensity:** Seeing the same people weekly (even briefly) builds familiarity.

Social Anxiety & Public Speaking

(When Your Brain Says "DANGER!")

For When All Eyes Feel Like Spotlights

Pre-Game Ritual:

- **4-7-8 breathing** (inhale 4sec → hold 7 → exhale 8)
- **Power pose in bathroom** for 2 mins 
- **Audience Hack:** Imagine them as friendly aliens here to learn from you 
- **Post-Event Processing:** Write down 3 facts (not feelings) about how it actually went

Pro Tip: Practice with VR apps like "VirtualSpeech" for exposure therapy

Public Speaking Hacks

- **Pre-Speech Prep:**
 - Avoid caffeine (heightens physical anxiety symptoms)
 - Practice while walking – movement reduces overthinking
- **During the Speech:**
 - Spot a "Friendly Face" beforehand and pretend you're just talking to them
 - Hold a cold water bottle to ground yourself
- **Post-Event:**

- Write down what actually happened vs. what you feared would happen

Casual Conversation Tips

- **The FORD Method (Safe topics):**

Family "Do you have siblings?"

Occupation "What's your favorite class this term?"

Recreation "Seen any good shows lately?"

Dreams "Travel anywhere cool this summer?"

Reframe Thoughts:

- Instead of "They think I'm awkward" → "Most people are too focused on themselves to judge"

Crisis Tools

- **Instant Calm:**

- Suck on a lemon wedge (shocks the system out of panic)
- "5-4-3-2-1" grounding exercise

- **Long-Term Support:**

- 7 Cups (Free anonymous chat with trained listeners)
- ADA accommodations for test anxiety (yes, this exists!)

 Note: Include local campus/community resources here

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Text-Based Emotion Wheel

(Start broad → get specific to name your feeling precisely)

1. ANGER

- Frustrated → Stuck, impatient, unheard
- Humiliated → Disrespected, ridiculed, small
- Bitter → Resentful, violated, distrusting

2. SADNESS

- Lonely → Isolated, abandoned, unseen
- Grief → Heartbroken, nostalgic, melancholy
- Hopeless → Defeated, discouraged, trapped

3. FEAR

- Anxious → Overwhelmed, worried, panicked
- Insecure → Inadequate, self-doubting, exposed
- Rejected → Excluded, unwanted, judged

4. LOVE

- Grateful → Moved, appreciative, touched
- Trusting → Safe, supported, connected
- Joyful → Playful, energized, hopeful

5. JOY

- Excited → Eager, enthusiastic, giddy
- Proud → Accomplished, confident, valued
- Peaceful → Calm, centered, content

6. 😲 SURPRISE

- Startled → Shocked, alarmed, rattled
- Confused → Disoriented, doubtful, uncertain

7. 🤢 DISGUST

- Repulsed → Revolted, nauseated, offended
- Disapproving → Judgmental, disdainful, appalled



How to Use This

1. Scan the categories – Which broad emotion fits? (e.g., "Fear")
2. Drill down – Find the specific sub-emotion (e.g., "Insecure → inadequate")
3. Name it aloud – "I feel inadequate" reduces emotional intensity faster than "I feel bad"

Example:

- Broad: 😲 Fear → Specific: "I feel exposed because I messed up my presentation"



Emotion Journal Prompt

"I feel [specific emotion] because _____. What do I need right now?"





Emotion Mastery Toolkit

For Students & Educators


I. Emotion Awareness Table (Student Edition)

(With Body Cues + Coping Prompts)

Emotion	Physical Signs	Common Thoughts	Quick Coping Tip
 Happy	Smiling, lightness, energetic	"Things are going well."	Pause + savor the feeling. Write down one highlight.
 Calm	Relaxed posture, deep breathing	"I'm okay right now."	Stay present. Breathe in slowly, enjoy the stillness.
 Excited	Increased energy, wide eyes	"I can't wait!"	Channel the energy into a task or share it with someone.
 Sad	Low energy, slumped posture, teariness	"I feel alone." / "Nothing's going right."	Let yourself feel. Text a friend or do something soothing.
 Angry	Tension in jaw/hands, clenched fists	"This is unfair!" / "Why won't they listen?"	Take space. Count to 10. Write it out before reacting. 5-4-3-2-1 grounding technique
 Anxious	Racing heart, tense body, fidgeting	"What if I mess up?" / "I can't do this." "I will fail"	Breathe in 4—hold 4—out 6. Ground with your senses.
 Overwhelmed	Tight chest, fast breathing, fatigue	"There's too much." / "I can't keep up."	List 3 tasks. Do 1 small thing first. Ask for help if needed.
   Overwhelmed	Exhausted, brain	"I'm done." /	Rest. No productivity.

Emotion	Physical Signs	Common Thoughts	Quick Coping Tip
Burnt Out	fog, zoning out	"Nothing matters anymore."	Water + sleep + comfort.
 Tired	Yawning, heavy eyes, sluggish body	"I can't think straight."	Power nap or stretch. Log off early if possible.
 Hurt	Lump in throat, chest heaviness	"Why did they do that?" / "I didn't deserve this."	Validate yourself. Journal or talk it out. Self-kindness.
 Silly / Playful	Giggles, light movements	"Let's do something fun!"	Lean into it! Share a meme, dance, enjoy the joy.
 Numb / Heavy	Blank stare, stillness, disconnection	"I feel nothing." / "What's the point?"	Gentle grounding: hold an object, take a slow shower, name 3 things you see.

And

Emotion	Physical Signs	Common Thoughts	Quick Coping Tip
 Lonely	Hollow stomach, sighing	"No one cares"	Text a meme to an old friend

2. The "Name It" Flowchart

START → How does my body feel?



Hot/Tense? → ANGER →

| → "They wronged me" → Resentful → Try: Cold water splash

| - "I'm stuck" → Frustrated → Try: Punch a pillow



Heavy/Slow? → SADNESS →

| | - "I miss someone" → Grieving → Try: Memory journal

| | - "I'm empty" → Lonely → Try: Join a study stream



Winded/Shaky? → ANXIETY →

| | - "What if..." → Worried → Try: Worry time (10 min/day)

| | - "They'll judge" → Insecure → Try: Power pose

3. Emotion Journal Worksheet

Today's Emotion: _____

My Body Feels: (Check all that apply)

Tight chest Energy surge Numbness

Headache Fatigue Other: _____

Thought Pattern:

"I can't handle this"

"Nothing matters"

"They hate me"

Custom: _____

Action Plan:

1. Immediate relief: _____

2. Long-term strategy: _____

4. Emoji Crisis Cheat Sheet

Overwhelmed?

 STOP →  Breathe →  Call friend

Angry?

→ Hold ice → Scribble hard Scream-sing

Numb?

Temperature change (hot/cold drink) → Texture touch (fuzzy blanket)

5. Teacher's Emotion Guide

When You Notice:

- **Anger explosions** → Offer "cool down" corner with:
 - Stress balls
 - Ripping paper station
 - Withdrawal → Non-verbal connection:
 - Post-it note check-ins
 - Silent walk-and-talk

Scripts:

- "I see you're having big feelings. Want to [draw/pace/breathe] together?"
- "This will pass. Let's focus on your right-now senses."

Emotion Mastery

NEW: Guilt/Shame Section

Physical Signs:

- Heat in ears/face • Hunched posture • Nausea

Thought Patterns:

- "I'm a bad person"
- "If they knew, they'd hate me"

Healing Strategies:

Type	Action	Example
Guilt (Did something bad)	➤ Make amends	"I'm sorry I _____. Next time I'll _____."
Shame (AM bad)	➤ Shared humanity	"All humans mess up. This doesn't define me."
Both	➤ Body reset	Press palms together firmly (self-compassion pose)

Journal Prompt:

"Would I judge a friend this harshly? What would I tell them?"

Pocket-Sized Mini Guide (Print 4-per-page, cut into cards)

FRONT:

ANGER HOTKEYS

- Ice on wrists
- "I feel __ because __"
- Scream into pillow

BACK:

SHAME FIRST AID

1. Call your "no-judgment" person
2. Shower (symbolic reset)
3. Write then burn the shame story

Printer-Friendly Version

Guilt/Shame Add-On Page:

[] I'm feeling: Guilt | Shame

What happened: _____

Who can I tell? _____

Repair plan: _____

Emotion icons   



Daily Mood Tracker Template

◆ Date: _____

💬 **How Are You Feeling Today? (Pick your emoji or write one)**

👉 Mood: _____ ✨

📊 *Optional mood scale:*

1 2 3 4 5 2 3 4 5

(Circle one)

👉 **What Emotion(s) Are You Feeling? (You can pick more than one)**


- 😊 Happy
- 🧘 Calm
- Burnt out
- 😰 Anxious
- 😞 Sad
- 😡 Frustrated
- 😴 Tired
- 🤡 Silly
- Numb
- 😍 Excited
- Overwhelmed
- 🗨 Other: _____

🧠 **Why Do You Think You Feel This Way?**




One Thing That Could Help Right Now:

-  Take a break
-  Listen to music
-  Deep breaths
-  Talk to someone
-  Change tasks
-  Go outside
-  Write it out
-  Take a nap

 Other: _____

Small Win of the Day:

 *Even tiny wins count!*



Daily Quote or Affirmation:

“ _____
_____ ”

Self-Talk Reframe List

“Reframe Your Thoughts”

 “What’s another way to look at this?”

Thinking Traps & Truth Bombs

Flip negative thoughts like a TikTok trend

1. "I'm a failure"

➔ Reframe: "I'm a learner – and Beyoncé's first album flopped too."

2. "Everyone's judging me"

➔ Reframe: "Most people are too busy worrying about their awkwardness to notice mine."

3. "I should be over this by now"

➔ Reframe: "Healing isn't a straight line – even volcanoes take naps between eruptions."

4. "I can't handle this"

➔ Reframe: "I've handled 100% of my worst days so far. Annoying, but true."

5. "I don't deserve help"

➔ Reframe: "If my best friend felt this way, I'd drag them to therapy myself."

6. "Nothing will ever change"

➔ Reframe: "The fact I want change proves I'm not stuck – I'm in the messy middle."



Make It Yours

Blank Template:

Old thought: _____

New thought: " _____ " (Bonus: add a GIF caption in your head)

Example:

Old thought: "I'll never make real friends."

New thought: "Making friends as an adult is like assembling IKEA furniture – confusing but doable with instructions." 🚗



More Examples



"Thinking Trap: 'This anxiety means I'm weak.'



Truth Bomb: 'Anxiety means your ancient lizard brain works.

Annoying? Yes. Broken? No."*



"When your brain says 'You're behind in life'...



Reply: 'Behind whose schedule? Jeff Bezos'? Pass."*

"Your Turn" Reframing Worksheet

(Because thoughts aren't facts – let's flip the script!)

Part 1: Spot the Trap

Circle any thoughts you've had this week:

- "I'll never get this right."
- "Everyone thinks I'm weird."
- "I should be happier."
- "Asking for help = burden."
- "My problem isn't 'bad enough' to complain."

Part 2: Rewrite the Story

Old thought: "I bombed that test – I'm hopeless."

➔ New thought: "One test is just a data point, not my destiny. Time to strategize!"

Your turn:


Old thought: _____

➔ **New thought:** _____


(Tip: Imagine what your kindest friend would say.)

Part 3: Make It Sticky

Turn your new thought into a...

 Sassy mantra: "Oops, I'm human. Let's try again."


 Song lyric: "I got 99 problems but this thought ain't one."

 Text to self: "bruh u survived 100% of ur worst days. stats don't lie."

The "3Cs" Reframe Method

1. Catch the thought ("I'm such a failure")
2. Challenge it ("Would I say this to my best friend?")
3. Change it ("I'm figuring this out as I go – and that's normal.")

Pocket-card version:

 THOUGHT: "This is too hard."

REFRAME: "If it were easy, I wouldn't be leveling up."



"Your Brain is Being Dramatic – Let's Fix" Worksheet

(AKA How to argue with your own nonsense and WIN)

Part 1: LOL, Nice Try Brain

Check the WILD lies your brain told you this week:

- "One awkward moment = eternal social exile" 🌟 Drama Queen Award 🌟
- "All my friends secretly hate me" (Spoiler: They're too busy worrying about their weirdness)
- "If I'm not perfect, I might as well quit" 🏆 Olympic Gold in Jumping to Conclusions 🏆

Part 2: Roast Your Negative Thoughts

Example:

Brain's Nonsense: "I'll die alone with 17 cats."

👉 Your Clapback: "Jokes on you – cats are awesome and I'll name one 'Mr. Whiskers the Emotional Support Overlord'."

Your Turn:


Brain's Nonsense: _____


👉 Your Clapback: _____


(Pro tip: Imagine a sassy grandma responding)

Part 3: Meme-ify Your Mantra

Turn your new thought into a...

 TikTok sound: "That's cap and we both know it."

 Celeb quote: "As Taylor Swift said, 'I'm the problem'... wait, no—"

 Absurd affirmation: "I am a golden banana of resilience. Bruises don't stop me from being delicious."

"Roast Your Inner Critic" Worksheet

A therapeutic way for students to practice self-talk reframing:

YOUR TURN: Thought Wrestling Match

(Because negative thoughts deserve a smackdown)

ROUND 1: Identify the Opponent

Circle the wackest thought you've had this week:

- "That awkward thing I did will live in history books" 📄
- "My GPA is my worth as a human" 🤖
- "Asking for help = admitting I'm defective" 🚫
- "My mess-up was UNFORGIVABLE" (Spoiler: It wasn't)


ROUND 2: Enter the Ring

Negative Thought: _____


*(Rate its ridiculousness: 1-10 🌶️)_

ROUND 3: Championship Clapback

Reframe Options (Pick Your Fighter):

 Sassy Friend Version: *"Oh please, you once survived [embarrassing childhood story]. You got this."_

 Rapper Comeback: *"[Negative thought]? More like CAP."_

 Wisest Grandma Voice: *"Honey, even Beyoncé flubbed the national anthem once."_

Your Reframe: _____

BONUS ROUND: Meme Your Mindset

Turn your new thought into:

✔ A tweet that'd get 10K likes: _____

✔ A ridiculous motivational poster: "Keep Calm and _____

On" (Example: "Keep Calm and Remember Nobody Cares As Much As You Think")



Social Media Challenge Version

Post Template:

"Just caught my brain saying '_____' like it's facts 😂 Best clapback wins a virtual cookie!"

Example Student Entries:

🧠 "Brain: 'You'll never make friends'"

Me: "Says the organ that made me wear socks with sandals in 3rd grade!"

Pro Tip For Teachers: Have students anonymously submit their best clapbacks to create a "Hall of Fame" handout!



Emotions Wheel

What is the Emotion Wheel?

The **Emotion Wheel** is a visual tool that helps you **identify and name your emotions**. It usually starts with a few core feelings (like *happy, sad, angry*) and expands into more specific emotions (like *grateful, hopeless, frustrated, excited*).

Think of it as a **menu for your mood** — it puts words (and emojis!) to what you're feeling, even when it's hard to explain.

Why is it Useful?

- **Better self-awareness** – Knowing what you feel helps you understand why you feel it.
- **Improved communication** – You can express yourself more clearly to others (or even in a journal).
- **Targeted coping** – Specific feelings = more helpful coping strategies.
- **Mental health support** – Regular emotional check-ins reduce emotional build-up or overwhelm.

How to Use It

1. **Pause & Scan Your Mood**

“How am I feeling right now?”

Look at the center of the wheel and move outward until you find the emotion that fits.

2. **Name It**

For example:

*“I’m not just sad — I feel *disappointed* and *lonely*.”

3. **Reflect On It**

Ask:

“Why might I feel this way?”

“What do I need right now?”

4. **Respond Gently**

Use the emotion to guide action:

- Sad? 🛌 Rest.
- Overwhelmed? 📋 Make a micro to-do list.
- Excited? 🎉 Share it or channel it into something creative!

5. *(Optional)* 💬 **Track it daily**

Use it in a mood journal, planner, or app — you’ll start to see patterns over time.



Emotions Wheel with a “Tap-Your-Mood” Grid Style

- "How are you feeling today? Tap your mood 📌"
- "Today's Vibe Check 🧠"
- "Pick your emoji. No judgment."




Emoji Emotion Grid (8 Emotions x 3 Emojis Each)


 Happy	 Calm	 Tired	 Anxious
  	  	  	 
 Angry	 Sad	 Silly	 Excited
  	  	  	  

 Notes:






A Simple Guide To Relaxation Techniques

What Are Relaxation Techniques?

Relaxation techniques are practices designed to calm the mind , reduce stress , and promote physical and emotional balance .

They help counteract the "fight or flight" response  caused by stress and activate the body's relaxation response.

Benefits of Relaxation Techniques

- ✓ Lowers blood pressure and heart rate
- ✓ Reduces muscle tension and chronic pain 
- ✓ Improves focus and mental clarity 
- ✓ Boosts mood and emotional resilience 
- ✓ Enhances sleep quality  

Top Relaxation Techniques

I. Deep Breathing Exercises

Why It Helps: Activates the parasympathetic nervous system, calming the body and mind.

How to Practice:

- 1 Sit or lie down in a quiet place.
- 2 Close your eyes and inhale deeply through your nose for 4 seconds.

- 3 Hold your breath for 4 seconds.
- 4 Exhale slowly through your mouth for 6 seconds.
- 5 Repeat for 5-10 minutes.

Pro Tip: Try the 4-7-8 method (inhale 4, hold 7, exhale 8).

2. Progressive Muscle Relaxation (PMR)

Why It Helps: Reduces tension by tensing and relaxing muscle groups.

How to Practice:

- 1 Start at your toes—tense for 5 sec, then release.
- 2 Move upward (legs, abdomen, arms, face).
- 3 Focus on the release of tension.

3. Visualization (Guided Imagery)

Why It Helps: Engages senses to create mental calm.

How to Practice:

- 1 Imagine a peaceful scene (beach, forest).
- 2 Engage all senses—sights, sounds, smells.
- 3 Stay immersed for 5-10 minutes.

Pro Tip: Use apps like Calm or Insight Timer.

4. Mindful Meditation

Why It Helps: Keeps you present and reduces racing thoughts.

How to Practice:

- 1 Focus on your breath.
- 2 Gently return focus when distracted.
- 3 Start with 5 mins, increase over time.

Pro Tip: Try Headspace or Calm for guidance.

5. Body Scan Meditation 🙏🌀

Why It Helps: Releases tension through awareness.

How to Practice:

- 1 Lie down, close eyes.
- 2 Slowly scan from head to toes.
- 3 Release tension with each exhale.

6. Yoga 🧘🌿

Why It Helps: Combines movement, breath, and mindfulness.

Relaxing Poses:

- Child's Pose (calms the mind)
- Cat-Cow (loosens spine)
- Legs-Up-The-Wall (reduces swelling)

Pro Tip: Follow Yoga with Adriene on YouTube.

7. Aromatherapy 🌸🕯️

Why It Helps: Scents trigger relaxation.

How to Use:

- 1 Diffuse oils like lavender, chamomile, or bergamot.
- 2 Apply diluted oils to wrists/temples.

8. Journaling 📖

Why It Helps: Clears mental clutter.

How to Practice:

- 1 Write for 10 mins daily.
- 2 Use prompts (gratitude, stress triggers).

9. Music Therapy 🎵🎧

Why It Helps: Lowers stress, improves mood.

How to Use:

- 1 Listen to calming playlists (classical, nature sounds).
- 2 Focus on the melody mindfully.

10. Nature Walks 🚶♂️

Why It Helps: Reduces stress hormones.

How to Practice:

- 1 Walk slowly, observe surroundings.
- 2 Try "earthing" (walking barefoot).

11. 5-4-3-2-1 Grounding 🌍🌟

Why It Helps: Anchors you in the present.

How to Practice:

- 5 Things you see 👁️👁️
- 4 Things you can touch 🖐️
- 3 Things you hear 🗣️
- 2 Things you smell 👃
- 1 Thing you taste ☐

12. Tai Chi 🧘♀️🌀

Why It Helps: Slow movements enhance calm.

How to Practice:

- 1 Learn basic flows online.
- 2 Sync breath with movement.

Tips for Success

- ◆ Create a Routine – Dedicate 10-20 mins daily.
- ◆ Start Small – Gradually increase practice time.
- ◆ Experiment – Find what works best for you.
- ◆ Limit Distractions – Turn off notifications.
- ◆ Be Patient – Relaxation improves with practice.

A Simple Guide To Mindfulness Exercises For Anxiety 🧘‍♀️ 🌻

What is Mindfulness? 😞

Mindfulness is the practice of being fully present in the moment, without judgment. For people with anxiety, it can:

Reduce overthinking 🌀

Calm racing thoughts

Promote relaxation by focusing on the here and now ⌚ ✨

Benefits of Mindfulness for Anxiety ✨

- ✓ Reduces physical symptoms (rapid heart rate, tension) ❤️
- ✓ Helps manage anxious thoughts & emotions 🧠 🌀
- ✓ Improves focus & concentration 🎯
- ✓ Promotes calm & emotional balance
- ✓ Increases resilience to stress over time 💪

Mindfulness Exercises for Anxiety 🌈

I. Deep Breathing (2-5 Minutes) 🧘‍♀️ ❤️

Why It Helps: Activates the parasympathetic nervous system, calming your body and mind.

How to Practice:

- 1 Sit or lie down comfortably.
- 2 Close eyes, inhale deeply (4 sec).
- 3 Hold (4 sec), exhale slowly (6 sec).

4 Repeat 5-10 cycles.

Pro Tip: Use a mantra like “I am calm” as you exhale. 🧘

2. Body Scan Meditation (5-10 Minutes) 🛏️🌐

Why It Helps: Redirects focus from anxious thoughts to physical sensations, releasing tension.

How to Practice:

- 1 Lie down, close eyes.
- 2 Scan from head to toes 🦶.
- 3 Notice tension, breathe into it.

3. 5-4-3-2-1 Grounding Technique (1-3 Minutes) 🌐🔍

Why It Helps: Anchors you in the present moment during anxiety spikes.

How to Practice:

- 5 See (e.g., window, plant) 👁️
- 4 Touch (e.g., sweater, chair) 🖐️
- 3 Hear (e.g., birds, typing) 👂
- 2 Smell (e.g., coffee, air) 👃
- 1 Taste (e.g., tea, gum) 🍷

4. Mindful Walking (5-15 Minutes) 🚶♂️

Why It Helps: Combines movement + awareness to release anxious energy.

How to Practice:

- 1 Walk slowly, feel each step ☐.
- 2 Notice sounds, colors, smells 🌳.
- 3 Sync breath with steps (inhale 2 steps, exhale 3).

5. The STOP Technique (1-3 Minutes) 🛑👉

Why It Helps: A quick reset for overwhelming moments.

How to Practice:

- 1 🛑 Stop what you're doing.
- 2 🤲 Take a deep breath.
- 3 👁️ Observe thoughts/feelings.
- 4 🚶 Proceed mindfully.

6. Loving-Kindness Meditation (5-10 Minutes) ❤️🙏

Why It Helps: Eases self-criticism with compassion.

How to Practice:

- 1 Repeat silently:
 - “May I be safe, happy, healthy, at ease.”
- 2 Extend to others:
 - “May you be...” (friend, family, world).

7. Gratitude Practice (2-5 Minutes) 🙏🌟

Why It Helps: Counters negative thoughts with positivity.

How to Practice:

- 1 List 3 things you're grateful for (e.g., coffee, a friend's text).
- 2 Reflect on why they matter.

8. Mindful Journaling (10 Minutes) 📖✍️

Why It Helps: Clarifies anxious feelings.

How to Practice:

- 1 Write freely for 10 mins ☐.
- 2 Use prompts:

- “Right now, I feel...”
- “What can I control?”

9. Visualization Exercise (5-10 Minutes) 🌈🏖️

Why It Helps: Escapes to a peaceful mental space.

How to Practice:

- 1 Imagine a safe place (beach, forest).
- 2 Engage all senses (sights, sounds, smells).

10. Mindful Eating (5-10 Minutes) 🍎🥤

Why It Helps: Turns eating into a calming ritual.

How to Practice:

- 1 Observe food’s texture, smell.
- 2 Chew slowly, savor flavors.

Tips for Practicing Mindfulness with Anxiety ✨

- ◆ Start Small – 2-5 mins daily, then grow. 🌱
- ◆ Be Patient – Minds wander; gently refocus. 🔄
- ◆ Use Guided Apps – Try Headspace, Calm, or Insight Timer. 📱
- ◆ Practice Daily – Consistency = long-term benefits. ⌚💪

By weaving these exercises into your routine, you can **tame anxiety, find calm, and build resilience.** 🌈💖

Anxiety Symptoms Checklist

Identify common signs of anxiety to boost self-awareness or discuss with a healthcare professional.














What Is Anxiety?

Anxiety is a natural stress response, but when it's excessive, persistent, or disruptive, it may indicate an anxiety disorder. It affects your body, mind, and behavior.

Anxiety Symptoms Checklist








I. Physical Symptoms

(Your body's "fight-or-flight" alarms)

- Rapid heartbeat or palpitations ( racing heart)
- Shortness of breath or difficulty breathing ()
- Muscle tension (e.g., clenched jaw, tight shoulders) 
- Sweating or clammy skin ()
- Trembling or shaking ()
- Dizziness or lightheadedness ()
- Headaches or migraines ()
- Nausea or upset stomach ()
- Dry mouth or trouble swallowing ()
- Fatigue or feeling drained ()
- Restlessness (can't sit still) ()
- Chest pain or pressure ()
- Sleep troubles (insomnia, restless nights) ()







2. Emotional Symptoms

(Overwhelming feelings)

- Excessive worry about everyday things ()
- Feeling on edge or "keyed up" ()
- Irritability or frustration ()
- Sense of doom (like something bad will happen) ()
- Feeling overwhelmed or unable to cope ()
- Trouble focusing or concentrating ()
- Fear of losing control or "going crazy" ()
- Low self-esteem or harsh self-criticism ()







3. Cognitive (Thought) Symptoms

(How anxiety affects thinking)

- Racing thoughts (mind won't slow down) ()
- Catastrophizing (assuming the worst) ()
- Overthinking or overanalyzing ()
- Indecisiveness (fear of making wrong choices) ()
- Obsessive thoughts (e.g., germs, safety) ()
- Fear of failure or rejection ()

4. Behavioral Symptoms

(Actions driven by anxiety)

- Avoidance of triggers (places, people, tasks) ()
- Reassurance-seeking (constantly asking "Am I okay?") ()
- Procrastination (fear of starting tasks) ()
- Over-preparing (e.g., rehearsing conversations) ()
- Fidgeting (tapping, leg bouncing) ()
- Avoiding risks or new experiences ()

- Compulsive behaviors (e.g., checking locks) (🔒)
- Can't relax (always "on") (😓)

5. Social Symptoms 🌐

(Anxiety in relationships)

- Avoiding social events (fear of judgment) (👤 ❌)
- Fear of public speaking (🎤)
- Worrying about rejection (❤️)
- Overanalyzing interactions (e.g., "Did I sound weird?") (👤)
- Feeling self-conscious (hyper-aware of appearance) (👁️👁️)

Types of Anxiety Disorders 📌

(If symptoms persist, they may align with these conditions)

- Generalized Anxiety (GAD): Chronic worry about everything (🌀)
- Social Anxiety: Fear of judgment in social settings (👤)
- Panic Disorder: Sudden panic attacks (⚠️)
- Phobias: Extreme fear of specific things (e.g., spiders, heights) (🕷️)
- OCD: Obsessive thoughts + compulsive rituals (🔄)
- PTSD: Anxiety after trauma (💣)
- Health Anxiety: Excessive fear of illness (🏥)

When to Seek Help 🚑

Consult a professional if:

- ✓ Symptoms last weeks/months
- ✓ Anxiety disrupts work, sleep, or relationships
- ✓ You avoid life due to fear
- ✓ You have frequent panic attacks

How to Cope with Anxiety 🌿

Quick Relief Strategies:

- 👉 4-7-8 Breathing (Inhale 4, hold 7, exhale 8)
- 🌍 5-4-3-2-1 Grounding (Name 5 things you see, 4 you feel, etc.)
- ♂️ Exercise (Walk, yoga, dance)
- 🧘 Mindfulness Apps (Calm, Headspace)
- 📖 Journaling (Write to release thoughts)
- ☕ Limit caffeine/sugar (They worsen anxiety)
- 💬 Talk to someone (Friend, therapist, support group)

Professional Help Options 🏠

- **CBT (Cognitive Behavioral Therapy):** Rewire negative thoughts (🔄)
- **Exposure Therapy:** Face fears gradually (📈)
- **Medication:** If prescribed (💊)
- **MBSR (Mindfulness-Based Stress Reduction):** Meditation for anxiety (🧘)

Remember: Anxiety is manageable, and you're not alone. Reach out for support when needed. 💛