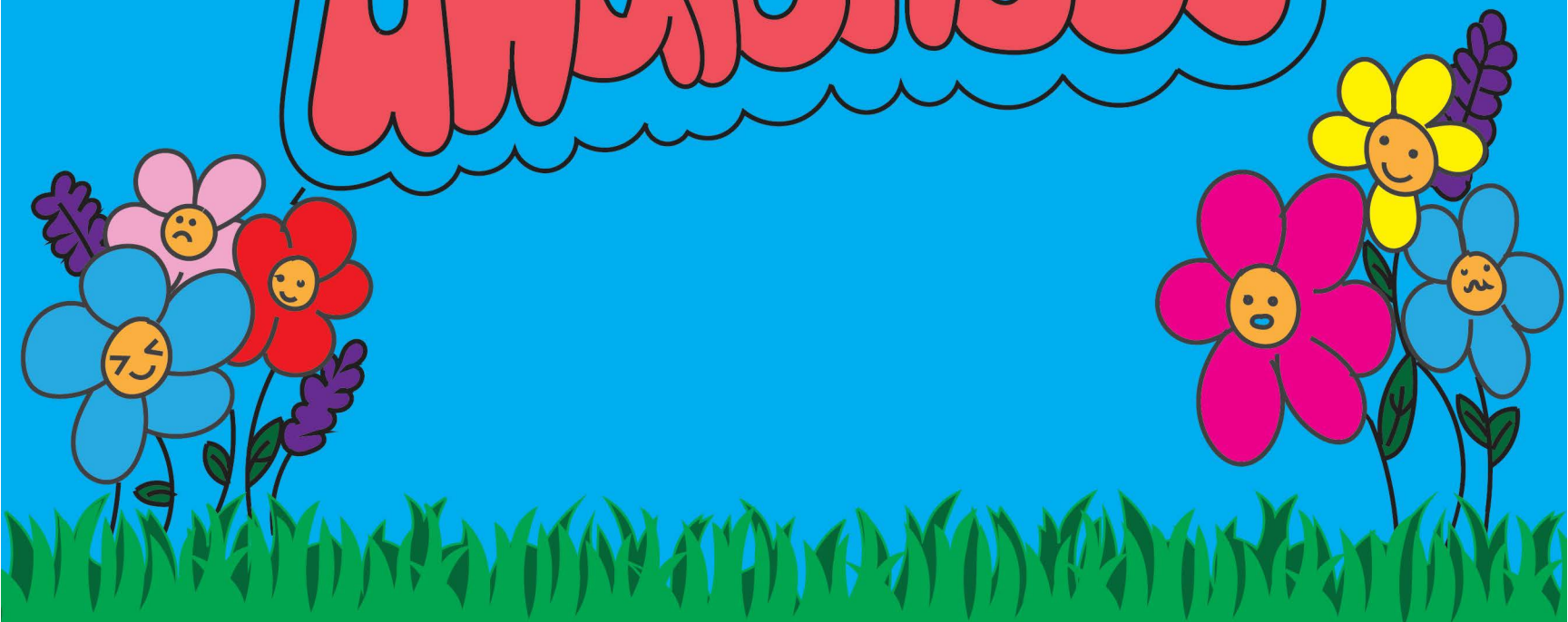


**MENTAL**

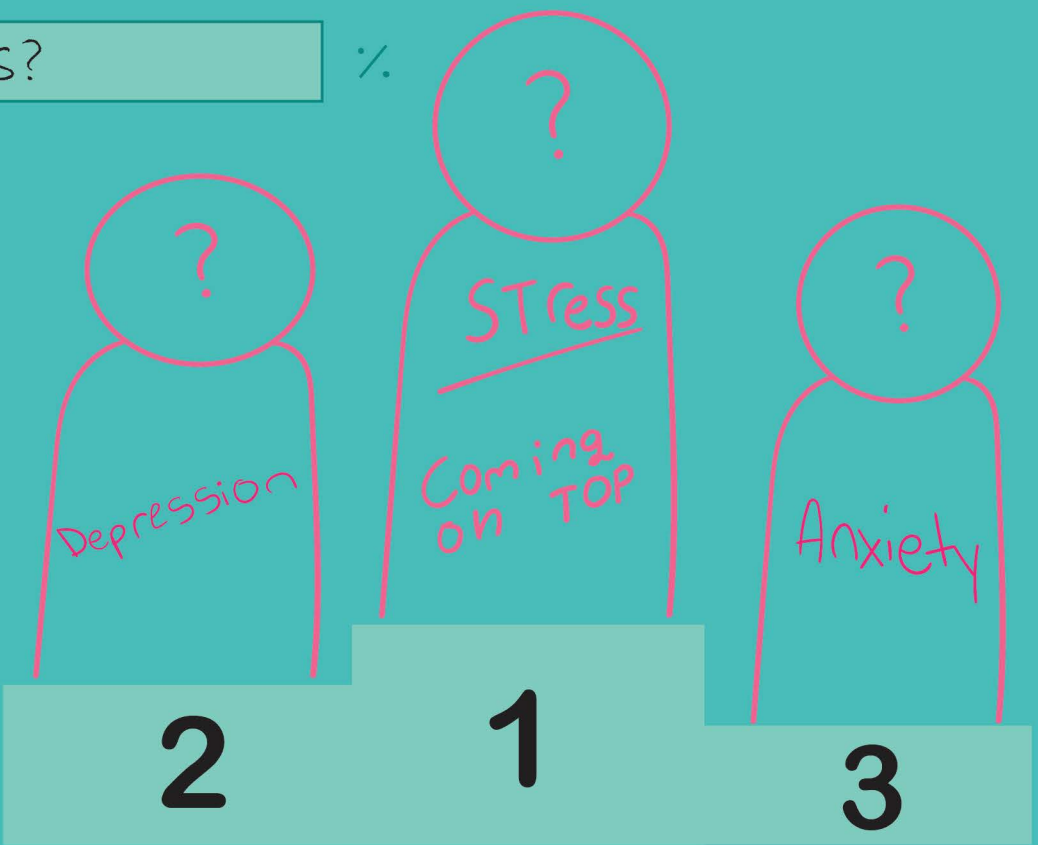
**HEALTH**

**Awareness**



We surveyed  
30 Youth!  
in  
Belmont cragin!

- What are %
- your %
- Top 3 %
- Mental %
- Health %
- Concerns? %



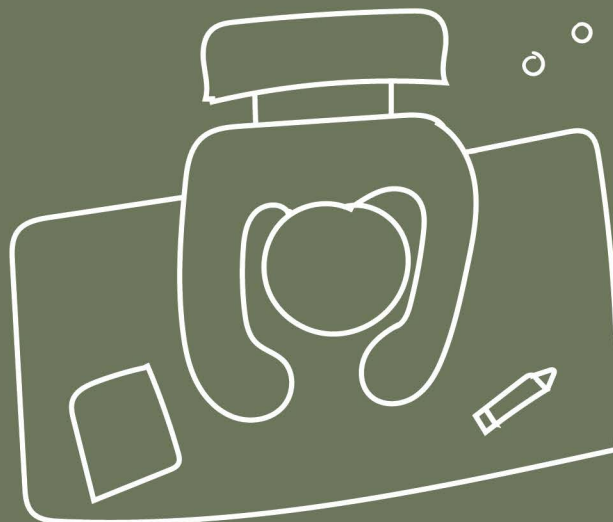
what topics do  
you think  
youth would  
want to read  
about regarding  
mental health?

Stress  
management  
↳  
SELFCARE

With our survey  
Recording 73% of our  
30 youth want to  
Read about this!

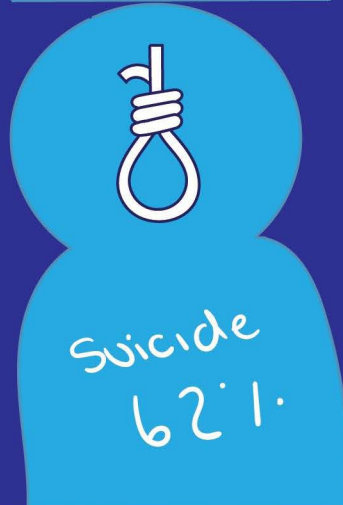
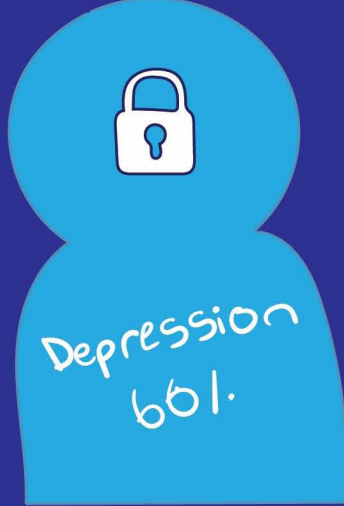
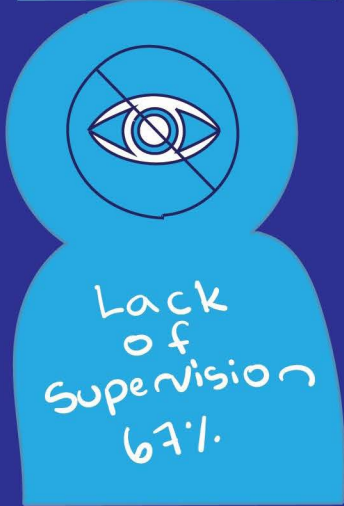
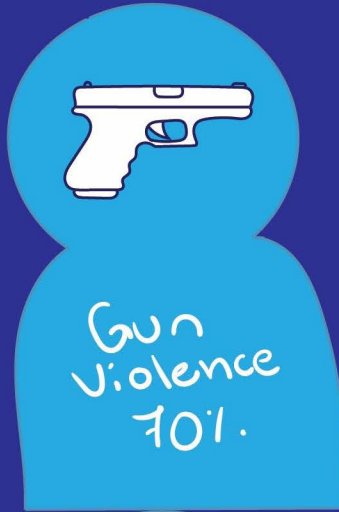
What  
makes  
our teens  
stress?

How do  
I manage  
this



# Lurie's Data

Shows the following  
Big problems to be  
Affecting Youth



\*link to voices of child  
health chicago report



# What can cause Stress?

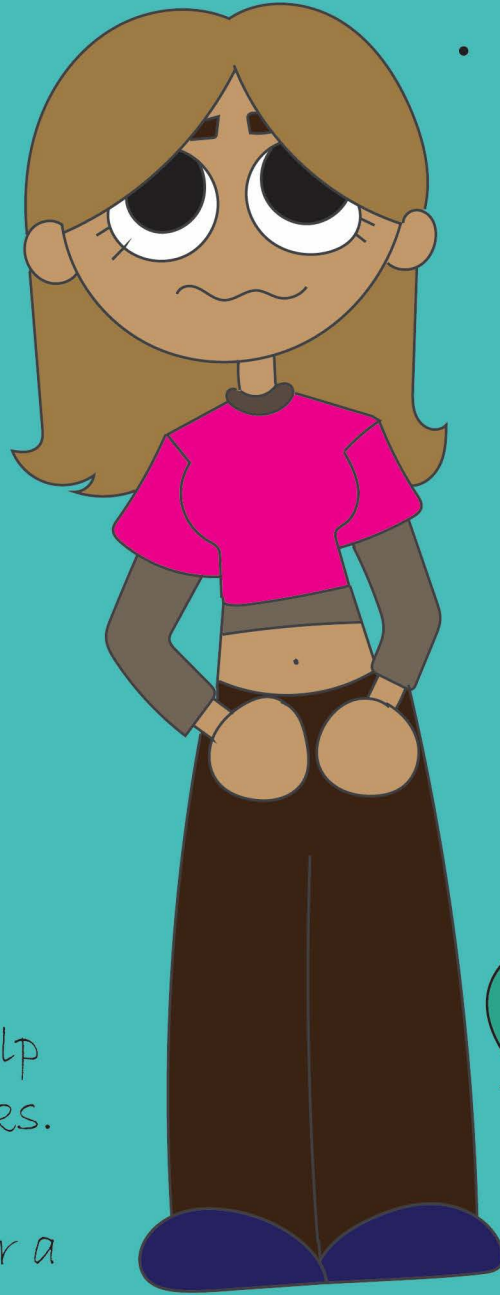
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# What is Stress?

---

- Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges. Everyone experiences stress. The way we respond to stress, however, makes a big difference to our overall well-being.



- Acute stress happens within a few minutes to a few hours after an upsetting or expected event.
- Chronic stress can worsen pre-existing health problems and may increase our use of alcohol, tobacco and other substances.

- Sometimes, a small amount of stress can help us to complete some tasks. But stress can become a problem when it lasts for a long time. In some cases, stress can affect physical and mental health.

**READ MORE HERE**



# WHAT ARE SYMPTOMS of STRESS???

Irritability

Disrupted sleep

Body Aches

Mental Fogginess

Headaches/  
upset stomach

Fatigue

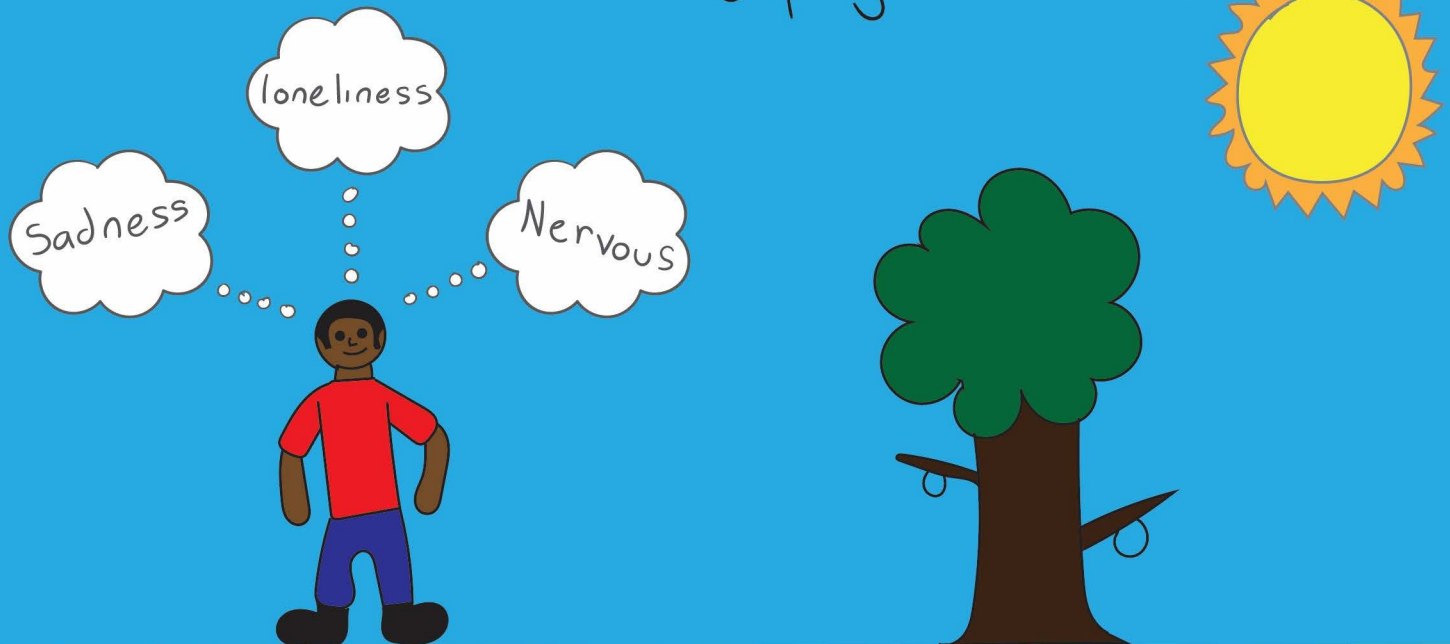


# What are symptoms of stress?

When you have stress you can get a lot of symptoms such as Anxiety, sleep problems, fatigue, headaches, depression, body aches or pain, panic attacks, sadness, loneliness, or feeling nervous.

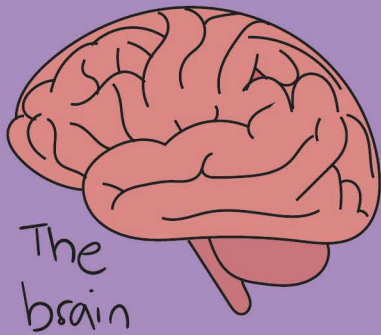
## What too much stress can cause...

- o Anxiety
- o Bad mood
- o hair loss
- o Depression
- o Confusion, memory, & learning difficulties
- o Too much stress can cause high blood pressure; even a stroke
- o Not enjoying life as much.

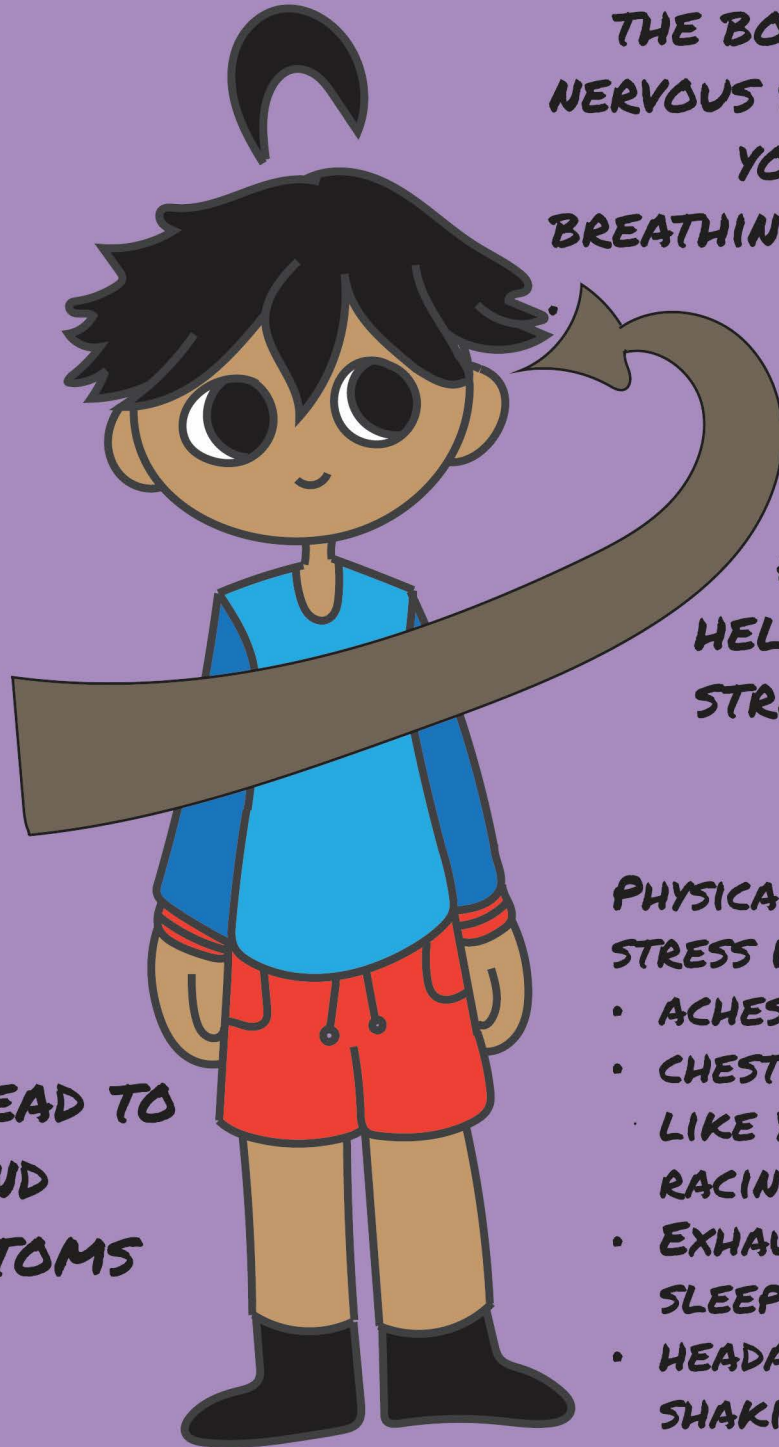




# WHAT HAPPENS TO THE BODY DURING STRESS?



The brain



THE BODY'S AUTONOMIC NERVOUS SYSTEM CONTROLS YOUR HEART RATE, BREATHING, VISION CHANGES AND MORE. ITS BUILT IN STRESS RESPONSE, THE FIGHT OR FLIGHT RESPONSE, HELPS THE BODY FACE STRESSFUL SITUATIONS

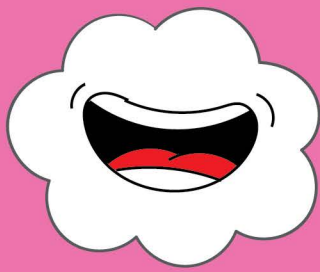
STRESS CAN LEAD TO EMOTIONAL AND MENTAL SYMPTOMS LIKE:

- ANXIETY OR IRRITABILITY
- DEPRESSION
- PANIC ATTACKS
- SADNESS

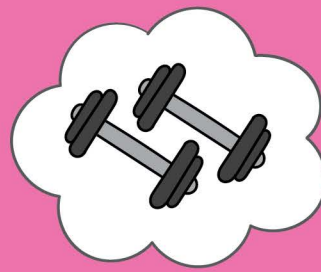
PHYSICAL SYMPTOMS OF STRESS INCLUDE:

- ACHES AND PAINS
- CHEST PAINS OR A FEELING LIKE YOUR HEART IS RACING
- EXHAUSTION OR TROUBLE SLEEPING
- HEADACHES, DIZZINESS OR SHAKING
- HIGH BLOOD PRESSURE
- MUSCLE TENSION OR JAW CLENCHING
- STOMACH OR DIGESTIVE PROBLEMS
- WEAK IMMUNE SYSTEM

Talk



Exercise



water



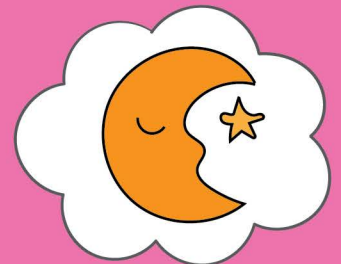
# SELF-CARE



Music



Reading



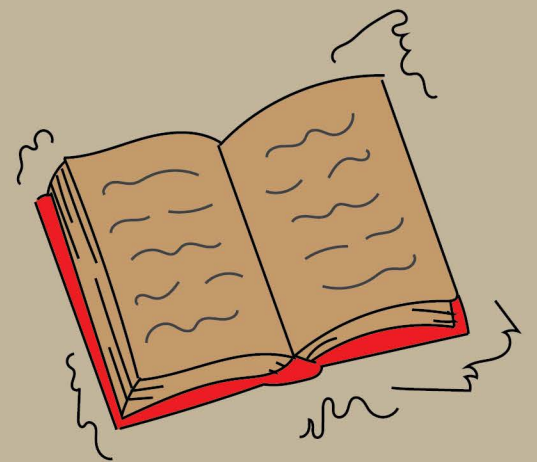
Sleeping

# Self-Care



Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

Self-care is anything that you do for yourself that feels nourishing. It can be something that's relaxing, calming, it can be something that is intellectual, spiritual, physical, practical or something you need to get done.



# Positive Coping Skills



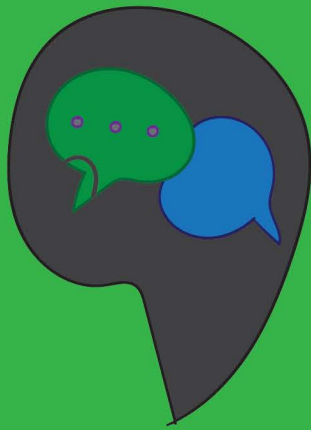
## PHYSICAL

sleep  
stretching  
walking  
Physical release  
Healthy food  
yoga  
Rest



## EMOTIONAL

Stress  
Management  
Emotional  
Maturity  
Forgiveness  
Compassion  
Kindness



## SOCIAL

Boundaries  
Support systems  
Positive social  
media  
communication  
Time together  
ASK for help



## SPIRITUAL

Time alone  
meditation  
yoga  
connection  
Nature  
Journaling  
Sacred space

# MEDITATION

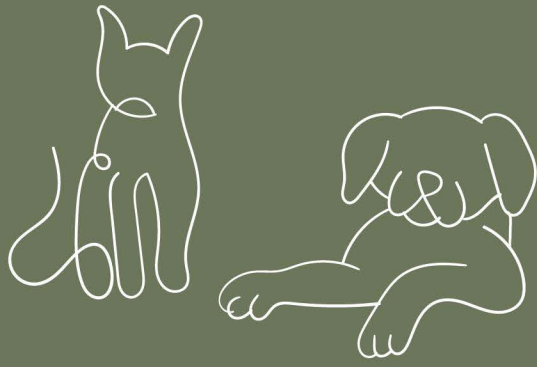
1...2...3...3...2...1...1...2...3...  
Music is key... Music is medication...

1...2...3...3...2...1...1...2...3...3...2...1  
I am calm... I am super calm..

1...2...3...3...2...1...3...2...1  
Breathe in... Breathe out... Breathe..

1...2...3...3...2...1...1...2...3  
Calmness mode calmness mode  
1...2...3...3...2...1...1...2...3...3...2...1...

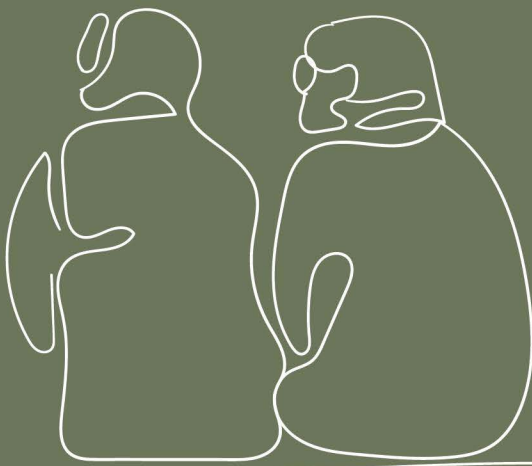




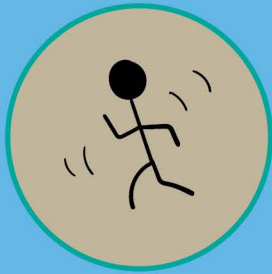
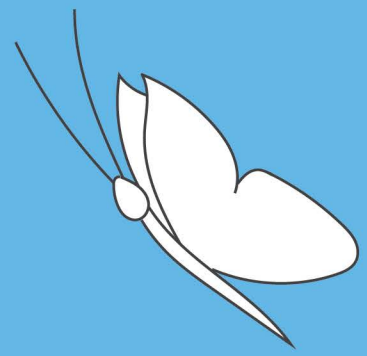
# Support Systems

Support systems can help with handling stress and can promote satisfaction, meaning, and fulfillment in your life.

Some examples of support systems could be your friends, family, teachers, adults, pets, counselors, or any group of people or beings who provide you with support when you need it the most.



# SELF-CARE RESOURCES



- ## HEALTH/EXERCISE
- \* Take a walk/run
  - \* Healthy diet
  - \* Hike



- ## HYGIENE PRACTICES
- \* Shower
  - \* Brush your teeth
  - \* Clean your surroundings



- ## MEDITATION/YOGA
- \* Go outside  
"Be one with nature"
  - \* Relax/stretch  
"Loosen up a bit"



- ## ONLINE SOURCES
- \* Sparkie-app  
self-care checklist
  - \* Podcasts
  - \* Calm-app
  - \* Head space-app

# Build Your Mental Health FIRST AID KIT

## Ice Pack

Use one you can activate when you need it. Place a cold ice pack on your neck or squeeze both hands around it. Focus on the cold sensation. This is a grounding exercise that helps bring you back to the here and now when your emotions are taking you on a roller coaster ride.



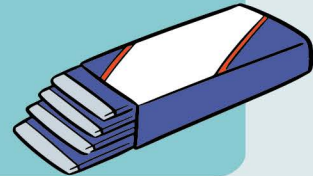
## Pleasant Pictures

Select pictures that remind you of a favorite person, place, or event. As you look at the photos imagine you are there again, bring up the memory and all the sights, sounds, smells, and sensations. Flip through the photos as your mind starts to wander to keep yourself focused.



## A Piece of Gum or Candy

Gum, peppermint, one Hershey kiss. Something that you can eat mindfully and slowly. Focus on the texture, taste, temperature, how your muscles contract, your teeth touch, and your tongue moves. This is a mindfulness exercise to redirect your attention from the emotional storm and help settle your mind.



## Fidget Toy

Individuals with anxiety may fidget or make small movements when they are feeling anxious, restless, impatient or nervous. Fidget toys give these movements an outlet, which can help calm a person's nerves, relieve stress and serve as a distraction in an overstimulating environment.



## Music

Make a playlist or keep a note with your favorite lyrics and sing or hum along to the music. Try to immerse yourself in the beat and rhythm, letting your breathing match the pace of the song.



## Notebook & Plan

Use this to practice keeping a diary or journal that explores thoughts and feelings surrounding the events of your life. It can help clarify your thoughts and feelings. You can get to know yourself better. You can reduce stress. It can help solve problems more effectively and help resolve disagreements with others.



## 42 Building Blocks of Resilience

A resilient individual is one who is emotionally healthy and equipped to successfully confront challenges and develop skills to cope with personal setbacks. We were born with resilience. It can be nurtured and recaptured. These building blocks, created by the Community Resilience Initiative, explains how to build resilience into the lives of children and adults.





# HOTLINE PHONE NUMBERS

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**National Suicide Prevention**

Phone: 800.273.8255



**The Trevor Project**

Phone: 866.488.7386



**National Hopeline**

Phone: 800.442.HOPE (4673)



**Trans Lifeline**

Phone: 877.565.8860



**Self-harm Hotline**

Phone: 800 DON'T CUT  
(366.8288)



**NAMI Chicago Referral Helpline**

Phone: 833.626.4244



**Crisis Support in Spanish**

Phone: 888.628.9454



**CARES (Medicaid)**

Phone: 800.345.9049



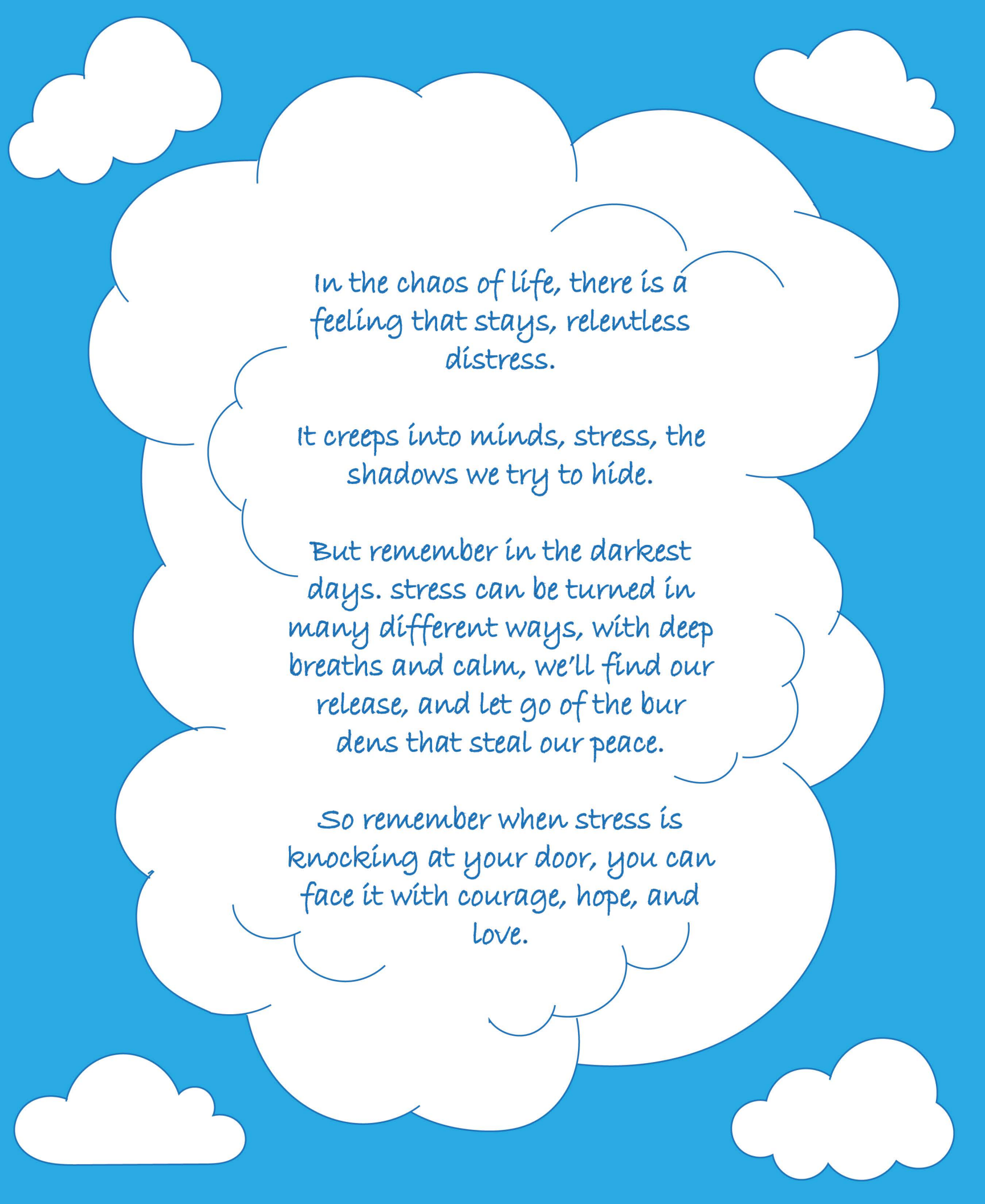
**Crisis Text Line**

Text "START" to 741741  
Text "HOME" to 741741



**Warm Line**

Phone: 866.359.7953

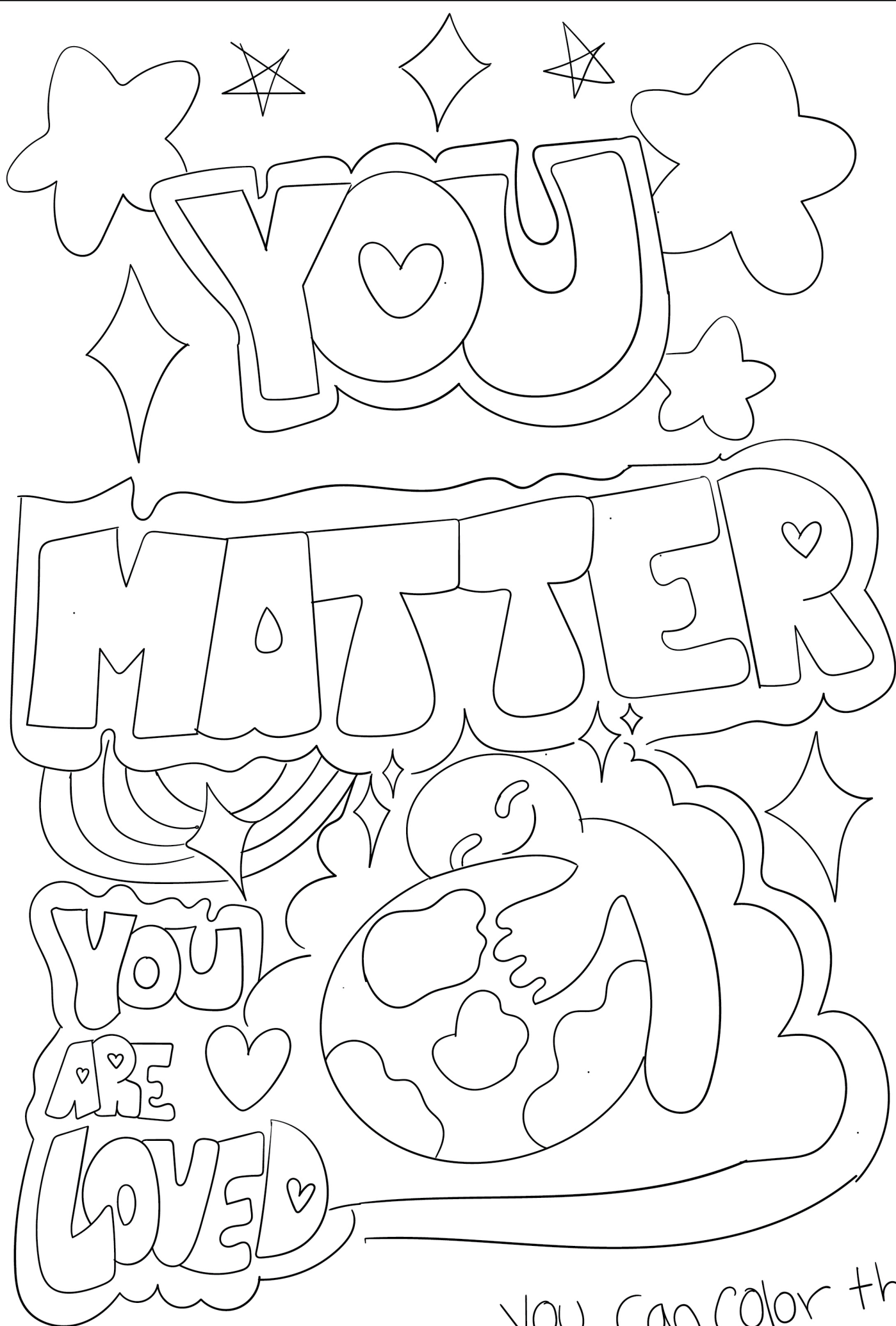


In the chaos of life, there is a feeling that stays, relentless distress.

It creeps into minds, stress, the shadows we try to hide.

But remember in the darkest days. stress can be turned in many different ways, with deep breaths and calm, we'll find our release, and let go of the burdens that steal our peace.

So remember when stress is knocking at your door, you can face it with courage, hope, and love.



You can color this!!



# Thank

# You!!!

For Reading

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