

Other Resources

Visit this link for activities, relaxation, and resources.

sites.google.com/isd94.org/cloquet-school-counselors/home

Google Search

- Virtual Calming Room
- Journaling for teens
- Yoga for teens

A huge thank you to Carolyn Ripp from The Nest for providing the yoga and breathing exercises.

thenestwellnessstudio.com



Don't forget to breathe.

You might feel scared, confused, overwhelmed, angry, alone, or even grateful.

You may have feelings all day or all at once, like being upset about events being cancelled, but happy you can wear your pjs all day.

Your feelings are normal, the situation is not.

MENTAL HEALTH RESILIENCE

For Teens



unitedwaycarltoncounty.org



Legs up the Wall Pose

Sit with back near an empty wall. Drop down onto your elbow and slowly swing your legs up the wall. Your hips should be as close to the wall as comfortable, but taller people will typically be further from the wall.

Bridge Pose

Lie on your back with knees bent. (heels under knees) Arms are close to the body. The neck remains relaxed and there is no weight on the back of the neck.



Butterfly Pose

Sit with your back tall, knees bent and pointing out and feet together. Breathe here for 8-12 breaths



Yoga

Yoga has a philosophy of steadiness, ease, and comfort in your poses. We honor our body in the body that we're in, on any given day, as we slowly move toward strengthening but with control and a breathing. Try these poses for yourself. If you have a condition preventing you from any of these exercises, you get to be in charge and choose what feels good for your body. This is called body awareness.

Breathing

Focusing on our breath has many benefits. When we focus on our breath we are forced to stay in the here and now. Just as we cannot take a breath in the future or in our past, we can only experience it now. It keeps us present. We also learn to experience it fully, and then let it go.

Try the 3 part breath technique

Lie down and breath. Try to feel the rib cage extend outward and belly lift up as you take 4 breaths in and out. Then move your focus on breathing from your belly up to armpit region as you take 4 breaths in and out. Next, breath from the belly all the way up to the collarbones and feel the lungs expand in all directions, lifting the air as high up as you can go, and releasing.

Do this for 4 breaths.

Inhale -Exhale

Breathe with an even 4 counts in and 4 out, then slowly extend the exhale to 6-8 counts. If you give it a try, you will notice yourself begin to relax and feel yourself settle down. This is a helpful technique when we feel anxious.

Grow Roots

When life seems to be spinning, one helpful tip is to ground yourself. Lie down and feel the support of the ground beneath you. Imagine if you could grow roots like a tree and allow them to anchor you. Those roots are strong and stabilizing and allow us to endure.

Journaling is all about you.

Gratitude Journal

Jotting down a sentence or two about what you are grateful for can lead to a more positive attitude. A gratitude journal will focus your attention on all the positive things in their life.

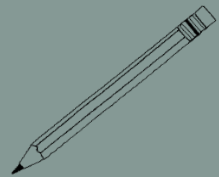


Therapeutic Journal

Therapeutic journaling is any type of writing or expressive process used for the purposes of healing or growth.

Worry Journal

An emotional outlet where you can express your thoughts, fears, anxieties and the worrisome thoughts.



Journaling

It is all about recording experiences, memories and writing down what you are thinking. Journaling is a safe outlet to express yourself. Organize your thoughts, improve memory, reduces stress, keeping track of goals and activities, or boost your mood. It is okay to have a messy journal, thoughts are messy. Play around with different mediums and find the one best suited to YOU! This is your place to share your innermost thoughts and feelings, you do not have to share these entries with anyone.