

Who Are You

Circle and Write the first 5 words you find. Then explain if they describe you or not.

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

REFLECT ON YOU

A Goal I Achieved:

What I Love About Myself:

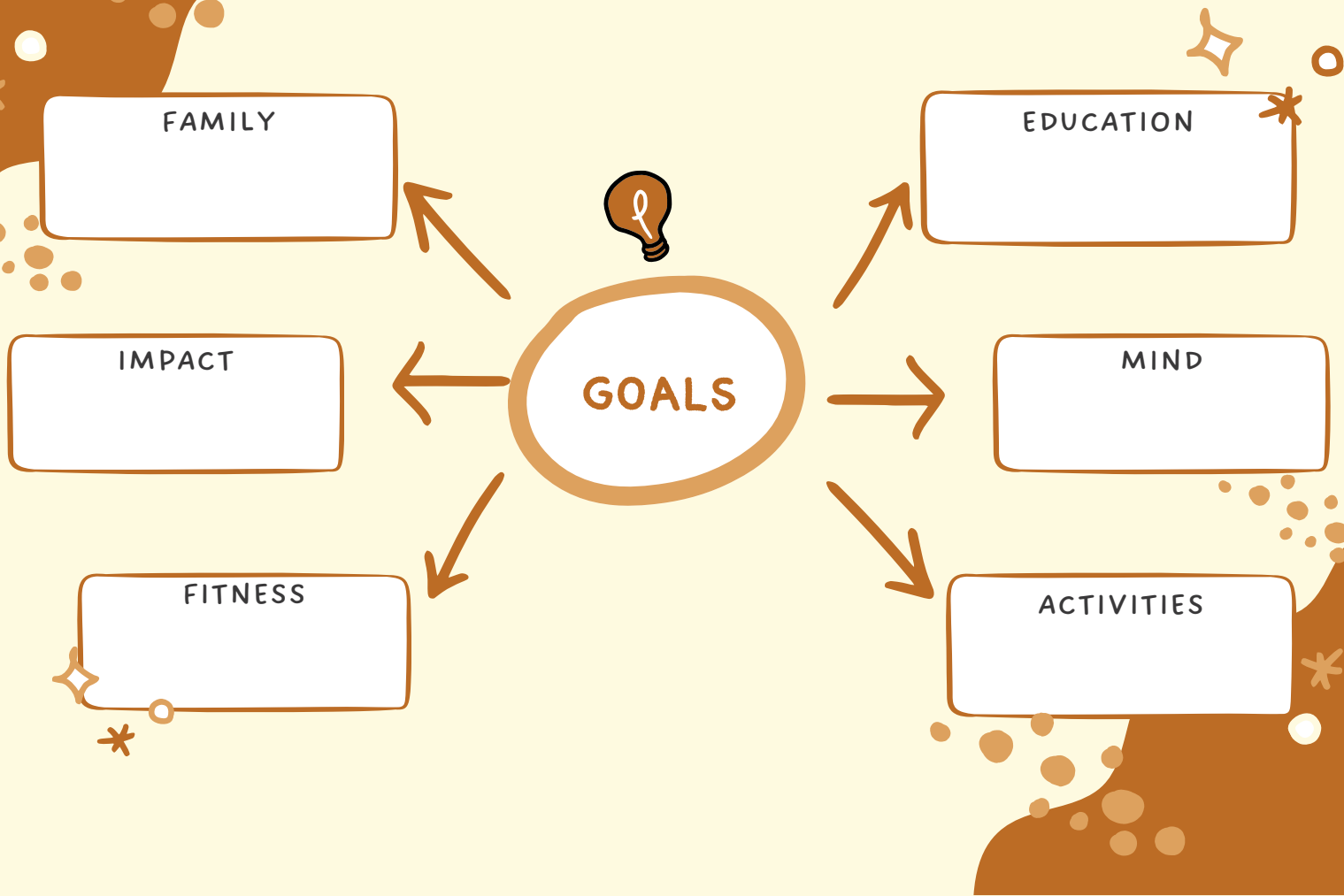
New Skills I Learned:

A Time I Was At My Lowest:

My Inspiration:

3 I Am Statements:

NEXT 5 YEARS



BRAINSTORM:

ROLL AND SHARE

Let's get to know each other!
Roll the die and share something about yourself.



What are you most proud of?



Tell us about a time you made a mistake.



Describe yourself in 3 words.



Name 4 personal strengths.



If you won five thousand dollars but can only use it on a mental health related activity, what would you spend it on?



What is something you could do or could've done differently today to prioritize your mental health?

MENTAL HEALTH BINGO

Your Mental Health is a Priority! See how many times you can get bingo!

Go for a 20 minute walk	Journal	Check-in with a friend	Do a relaxing face mask	Drink 8 glasses of water
Validate your own feelings	Ask for help	Write a Thank you letter to your future self	Listen to music	Take 10 deep breaths
Declutter your house and/or workspace	Laugh	FREE SPACE!	Watch your favorite tv show or movie	Learn a new skill
Eat a healthy meal	Treat yourself to your favorite snack and drink	Minimize screen time by 2 hours	Meditate	Get a full 8 hours of sleep
Watch the sunset	Enjoy a nice hot shower	Perform a random act of service	Do a puzzle	Have a private dance party

DATE _____

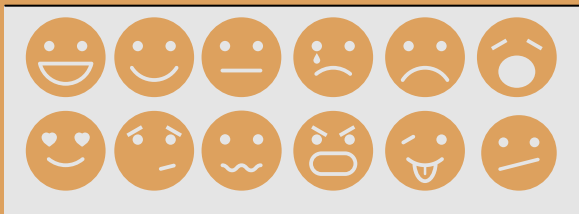
Mental Health check in

EXPLAIN HOW ARE YOU FEELING TODAY?

WHAT HAVE BEEN YOUR THREE MAIN EMOTIONS THIS WEEK?

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

HOW ARE YOU FEELING TODAY?

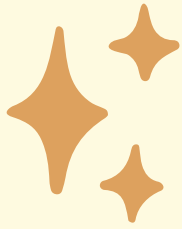


HOW CAN YOU IMPROVE YOUR OVERALL MENTAL HEALTH?

THINGS THAT TRIGGER ANY NEGATIVE EMOTIONS

MY RANKING OF MY MENTAL HEALTH THIS WEEK





Write a Letter of
Appreciation
to Yourself



A large rectangular area with a brown border, containing 15 horizontal lines for writing.

How to LOVE YOURSELF

Self-love is the foundation of good mental health.

LOOKING FOR LOVE

No one can love you unless you love yourself first



How will you love yourself each an every day? List ways below.



BE KIND TO YOUR MIND

Meditate often and understand peace comes from within

BE GENTLE

Remind yourself that it's okay to not be okay



THE BEST TIPS

Love what you do

Treat yourself

Stay positive

Exercise

Healthy lifestyle

ASK FOR HELP



You deserve to be happy so allow yourself to ask for help

A large, empty rectangular box for writing down ways to love oneself.