

A photograph of a desk with a keyboard, a candle, and a bouquet of pink roses. The text "MINDFULNESS AND MENTAL HEALTH" is overlaid in the center in a bold, black, sans-serif font.

MINDFULNESS AND MENTAL HEALTH

for teens

A guided workbook for ages 16-17.

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This workbook belongs to:



CONTENTS

I. *SELF-REFLECTION*

- What is self reflection?
- About me activity
- Self Discovery

2. *MENTAL HEALTH AND EXPRESSING EMOTIONS*

- Mental health disorders
- 5 ways to improve your mental health
- coping activity

3. *MINDFULNESS & REFLECTION*

WHAT IS SELF REFLECTION

SELF REFLECTION

Self reflection is having careful thought of your own behaviors and beliefs. It can give you beneficial insight and strengthen emotional intelligence. Having strong self reflection and introspection can make it easier to cope through life's hardships.

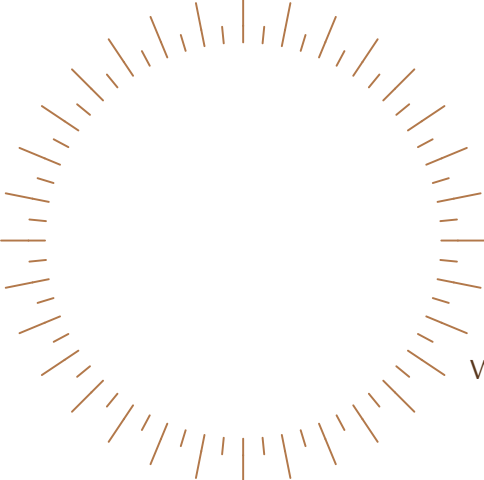
Why is it important?: Too much negative thinking, and emotional overload can be harmful for your wellbeing. Being able to engage in deep self reflection can help you deeper understand personal issues or resolve them. This highly benefits your mental health.



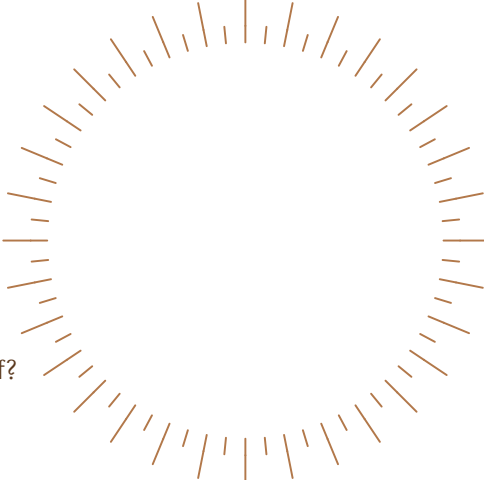
About Me Activity



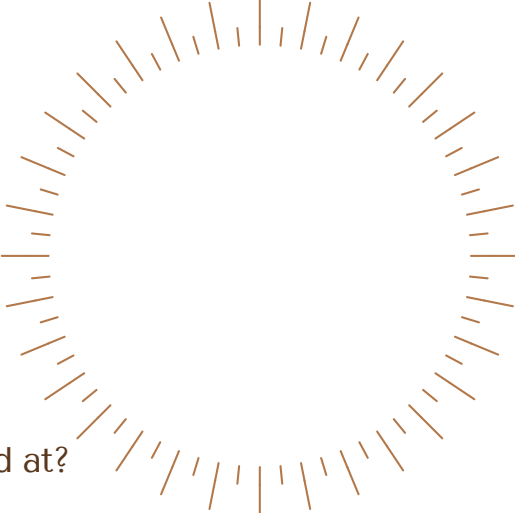
What and who makes you happiest?



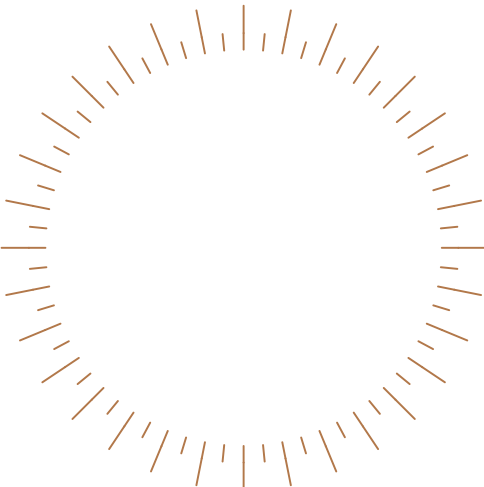
What makes you the most upset?



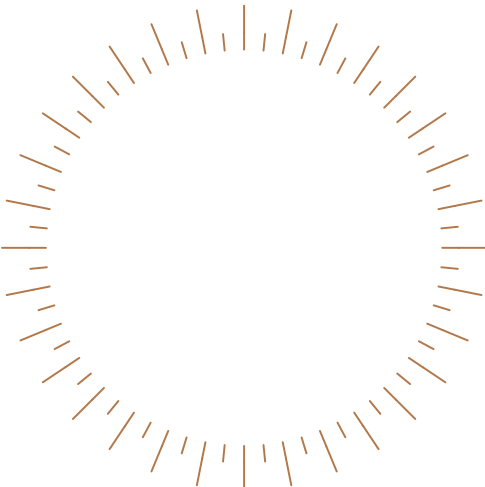
What do you love most about yourself?



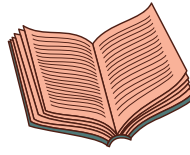
What are you really good at?



What's your favorite form of creativity?



Self Discovery Journaling.



Answer these questions with meaning and really use self reflection.

WHAT DO I MOST VALUE:

WHAT MOTIVATES ME THE MOST:

WHAT ARE MY BIGGEST GOALS:

WHAT AM I PASSION ABOUT:

WHO KNOWS ME BEST:

WHAT MAKES ME FEEL MOST LOVED:

WHAT AM I MOST PROUD OF:

BE KIND TO YOUR MIND

MENTAL HEALTH DISORDERS

Being able to recognize symptoms of different mental health disorders is crucial, and the importance of mental health awareness helps aid those who are affected.

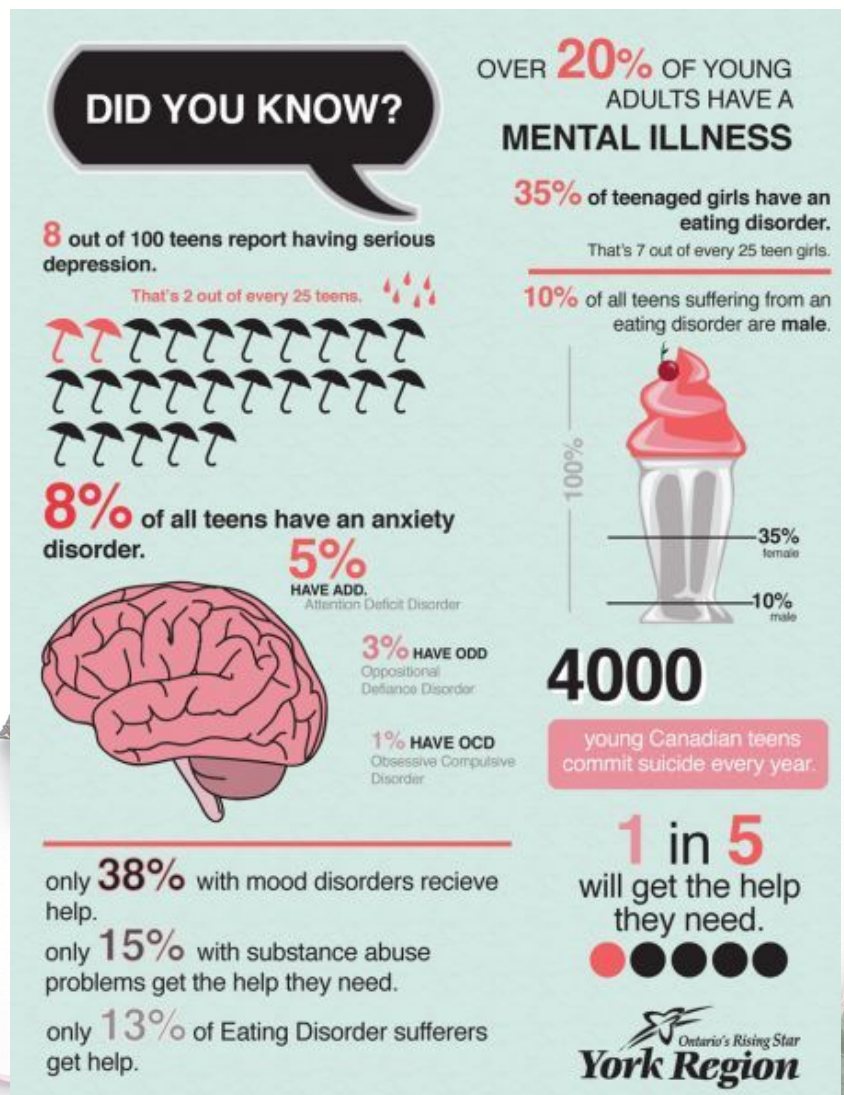
Depression: losing interest in doing anything, constantly tired and unhappy, loss of hope.

Anxiety: constant state of worry and fear. overwhelming thoughts.

Bipolar: major mood swings, depression, anxiety, a mix of emotions

These three are very common disorders that can affect Teens.

Lets talk about the different types of Mental Health Disorders and the importance of Mental Health



5 Ways to Improve Mental Health



1.

FOCUS ON SELF CARE

Self care emphasizes on taking time to do all your favorite things. Make self-care a priority and you will notice a significant difference in your life!

2.

TRY READING MORE

We are constantly surrounded by our screens. Take some time to read a good book, books have the ability to open up your mind and mentally grow!

3.

REDUCE NEGATIVITY

Your environment and emotions impact your life significantly. If you are constantly surrounded by negativity, then it will transfer to other areas of your life.

4.

DAILY JOURNALING

Journaling can be a positive impact to your mental health. Take some time to write your affirmations, and daily gratitude everyday.

5.

LET GO OF EXPECTATIONS

Expectations can hold you back if they're not fulfilled. Let go of these, and you will be able to reach your full potential.

How I Cope



-When I feel _____ (emotion), I will
_____ (coping
skill)

-When I feel _____ (emotion), I will
_____ (coping
skill)

-If _____ (trigger/situation), I will
_____ (coping skill)

-If _____ (trigger/situation), I will
_____ (coping skill)

-If _____ (trigger/situation), I will
_____ (coping skill)



MINDFULNESS

Mindfulness is being purely present and being aware of what is going on in the moment. Yoga and Meditation are traditional practices of mindfulness. You can practice mindfulness in any given moment to feel peace during a triggering time!



REFLECTION

Take some time to reflect and write down what you learned from this workbook or any questions you may have.

