





MENTAL HEALTH TOOLBOX

Dealing with stress and anxiety can feel overwhelming, especially during the isolation of Covid-19. Please know that you may not have the same feelings as your classmates or family...and that is really ok. Everyone reacts differently to stress.

Creating a mental health toolbox is an approach to taking care of your mental health and can be used at any time. We generally use these tools without thinking when we are feeling good...but during difficult times when we are struggling or feeling down— those times where we might be angry, upset, sad, anxious, frustrated...times where we think “I can’t do this.” or “Nobody cares about me.”— we tend to forget that we have a toolbox. We tend to forget to open it up and use it.

WRITE YOUR RESPONSES TO THE TWO STATEMENTS BELOW:

1. MY SUPPORT NETWORK IS (friends, family, other safe adults):

2. MY SUPPORT TOOLS ARE (activities I love & that bring me joy):