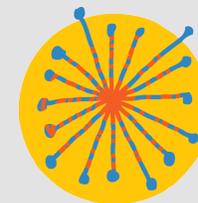


# Self-Care for Resilience

## *Activity Toolkit*

The Clay Center for Young Healthy Minds

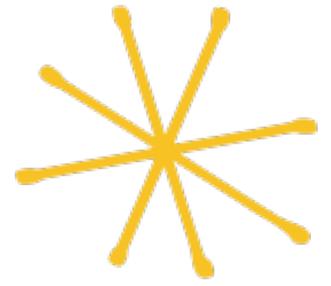


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[mghclaycenter.org](http://mghclaycenter.org)

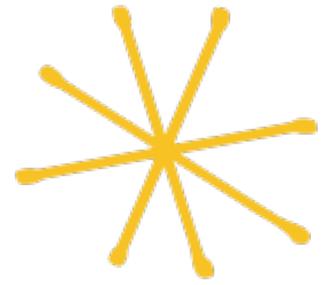
# Toolkit Contents

- **Getting Started** – Page 3
- **Doing the Activity** – Page 5
- **Share Your Stories** – Page 13
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- **Still Images** – Page 18
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# Getting Started:

## Activity Goals



The earlier we help young people to develop stress management skills, the easier it will be for them to use in their lives. This will increase their resilience for preventing stress and for coping with challenging situations that come up.

When started early, routine acts of self-care can become a very positive habit for our everyday lives.

**This activity aims to help students build skills in:**

- Self-reflection
- Feelings identification
- Self-expression
- Stress management

# Getting Started:

# Materials You Will Need



## Short Video Activity

(up to two 30-45-minute activities)

- Clay Center Self-Care Video (links included in toolkit)
- Computer with Internet
- Screen/Projector Connection
- Paper and Writing Utensils
- Self-Reflection Questions \*
- Discussion Questions \*
- Mental Health Resources \*

## Still Image Activity

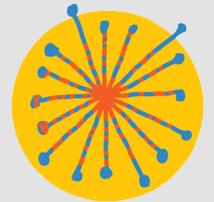
(up to ten 15-20-minute activities)

- Clay Center Self-Care Video Image (included in toolkit)
  - Computer/Screen for Images
- OR*
- Print Outs of Images
  - Paper and Writing Utensils
  - Self-Reflection Questions \*
  - Discussion Questions \*
  - Mental Health Resources \*

\* samples provided in "Doing the Activity" on page 5

# Doing the Activity

Step by Step



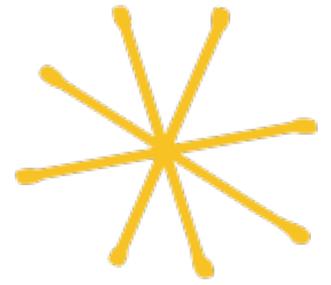
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# Self-Care Activity Outline

- 1) Activity Introduction (2 minutes)
- 2) Video / Image (1-7 minutes)
- 3) Self-Reflection (2-5 minutes)
- 4) Group Discussion (8-30 minutes)
- 5) Closing (2 minutes)

Short Video – 30-45 minutes total

Still Image – 15-20 minutes total



# 1. Introduce Activity (2 minutes)



You know your group best. Introduce the activity in a way that makes sense for them (checking in with the group; trying something different; part of a mental wellness series)

Feel free to include these talking points:

- **Define stress:** Feelings of pressure, tension, anxiety, nervousness, that come up because of difficult or demanding situations
- Life can get really stressful
- Taking care of ourselves is really important
- Things can get so busy, we often forget to make time for this
- We're building in time to our schedule today to do this
- We'll start by seeing how other young people take of themselves, and then think about what we can do

## 2. Show Short Video (6-7 minutes each)



### Middle School Video \*

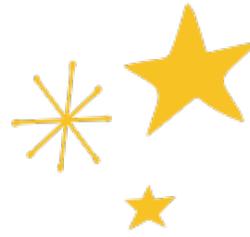
- Five middle school students talking about the age-specific stresses they face and how they manage
- May be appropriate for both middle school students *as well as* elementary students who will enter middle school

### High School Video \*

- Five high school students talking about the age-specific stresses they face and how they manage
- May be appropriate for both high school students *as well as* middle school students

\* Videos links on **page 15**

## 2. Show Still Image (1 minute each)



### Middle School Images \*

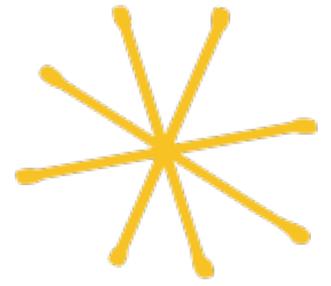
- Vega's Story (journaling)
- Aidyn's Story (breathing)
- Juliett's Story (drawing)
- Harley's Story (exercising)
- Lizzy's Story (playing with slime)

### High School Images \*

- Lucy's Story (watching a show)
- Andrew's Story (praying, spending time with friends)
- Cristian's Story (spending time with his dog)
- Mia's Story (treating self to nails, facial)
- Sebi's Story (working out)

\* Screen/Handout images on **page 18**

### 3. Self-Reflect on Video or Image (2-5 minutes)



This portion of the activity is intended to get your young people thinking.

**After watching the video/image, ask your group to privately write down answers to some self-reflection questions.**

Sample questions:

- What feelings did this bring up for you?
- Is there anything in life that causes stress for you?
- Do you feel stressed out right now?
- Is there anything that helps you feel better when you feel stress?

## 4. Discuss Video or Image as a Group (8-30 minutes)

This part of the activity is encouraged, but intended to be voluntary. Not everyone will feel comfortable speaking up.



**Spend time talking together about what the video or image brought up for your young people.**

Sample questions:

- What do you think self-care is?
- What kinds of things feel stressful to you?
- Can you think of someone you know (family/friend) who does any kind of self-care? What do you think that feels like for them?
- What's something you do, or might want to do, for self-care?
- Do you think self-care would be hard to do on a regular basis? If yes, why/what gets in the way?
- Maybe we can talk more after we've all tried it. Should we check in again in 1 week?

## 5. Close the Activity (2 minutes)

We recommend you be familiar with support resources near your school or organization. Sometimes conversations about stress can bring up additional feelings for young people.



**Remind your group that if they or someone they know is struggling and needs support right away, there are resources available.**

### Your local resources

- **Talk:** to a trusted adult
- **Other examples:** community health center, guidance counselor

### National Suicide Prevention Lifeline

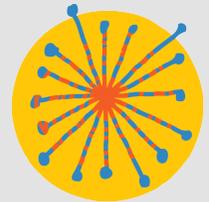
- **Call:** 1-800-273-TALK (8255)

### Crisis Text Line

- **Text:** "HOME" to 741741

# Share Your Stories

Spread the Word About Self-Care

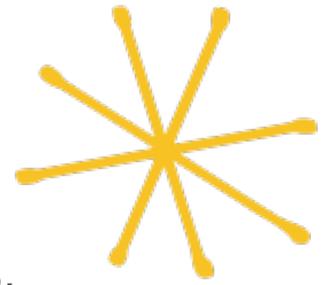


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# Love the Activity?

# Share it With Others!

If you were inspired by this activity and want to share your group's self-care stories or photos to inspire others, please do! Social media is a great way to do so. We'd love for you to tag us in your posts so we can see what you've been up to and help you to spread the word.



[/massgeneralclaycenter](https://www.facebook.com/massgeneralclaycenter)



[@MGHClayCenter](https://www.instagram.com/MGHClayCenter)

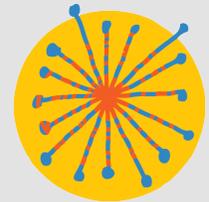


[@mghclaycenter](https://twitter.com/mghclaycenter)

You can also e-mail us at [contact@mghclaycenter.org](mailto:contact@mghclaycenter.org). Use the subject line "Self-Care Toolkit".

# Self-Care Short Videos

Middle and High School Student Stories



The Clay Center for  
Young Healthy Minds

Middle School video on YouTube at: <http://bit.ly/SelfCare-MS>

Click on the link above, or type into your web browser (case sensitive)



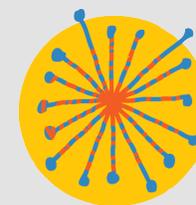
High School video on YouTube at: <http://bit.ly/SelfCare-HS>

Click on the link above, or type into your web browser (case sensitive)



# Self-Care Still Images

Middle and High School Student Stories



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# Middle School: **Vega's Story**

## Stress:

Questions around  
gender identity

## Self-Care:

Journaling



When life's **messy**,  
I can **organize** it.

I use my  
bullet journal  
to help me  
with that.

~Vega

# Middle School: **Aidyn's Story**

## Stress:

Too much homework

## Self-Care:

Breathing exercises

[My teachers] suggest **breathing**.  
That helps a lot.

~Aidyn



# Middle School: **Juliett's Story**

## Stress:

Being bullied

## Self-Care:

Drawing

Drawing  
reminds me  
of the  
inside of me.

Of how I **feel**.

~Juliett



# Middle School: **Harley's Story**

Stress:

Girl drama

Self-Care:

Playing sports or  
exercising

[Exercising]  
takes you to a  
different spot.

Kind of  
***clears your mind.***

~Harley



# Middle School: **Lizzy's Story**

## Stress:

Concentrating on  
homework

## Self-Care:

Playing with slime

When I'm doing  
my homework,  
I start getting  
**stressed out.**

So I **take a break**  
and play with  
some of my slime.  
~Lizzy



# High School: **Lucy's Story**

## Stress:

Academic pressures

## Self-Care:

Watching a TV show

"I'm gonna **watch a show**  
on Netflix after school  
because I can take  
my mind away from  
everything that's  
happened  
during the day."

~Lucy



# High School: **Andrew's Story**

## Stress:

Parent tension/fighting  
at home

## Self-Care:

Praying, Spending time  
with close friends

**"Prayer** is a good way  
for me to make myself at ease with myself."

~Andrew



# High School: **Cristian's Story**

## Stress:

Applying to college, first  
in family to attend

## Self-Care:

Talking to and spending  
time with his dog, Buddy



Es más fácil,  
muy más fácil  
para hablar con mi perro  
que hablando con  
mis padres o con mis amigos.

**Él me entiende.  
Él me escucha.**

~Cristian

*"It's a lot easier to talk to my  
dog than to my parents or my  
friends. He understands me.  
He listens to me."*

# High School: **Mia's Story**

## Stress:

Managing a chronic illness,  
keeping up in school

## Self-Care:

Painting nails, doing facials  
at home

Treating myself. Getting my nails done. Getting a facial.

**Because when you look nice on the outside  
it helps you feel a lot better inside.**

~Mia



# High School: **Sebi's Story**

## Stress:

Community college only  
option, Paying for college

## Self-Care:

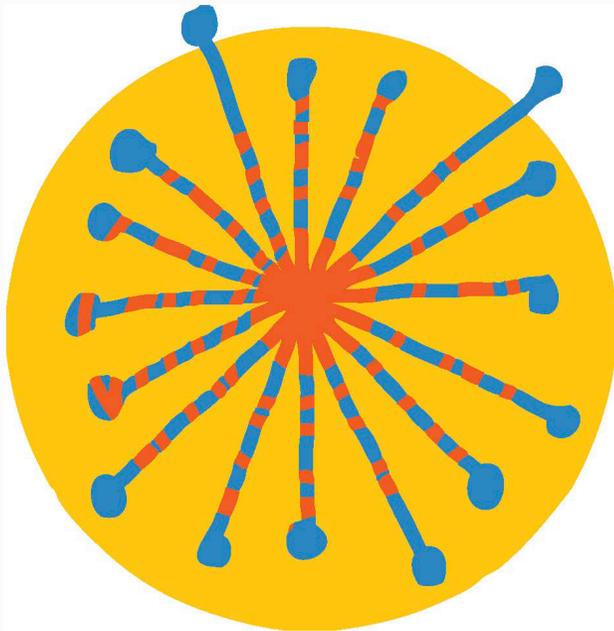
Lifting weights,  
working out

**Working out is  
a great thing for me.**

It helps clear my mind.

~Sebi





# The Clay Center for Young Healthy Minds

*Shining light on mental health through education.*

**E-mail:** [contact@mghclaycenter.org](mailto:contact@mghclaycenter.org)

**Visit:** [mghclaycenter.org/self-care](http://mghclaycenter.org/self-care)



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**Watch:** [youtube.com/mghclaycenter](https://youtube.com/mghclaycenter)

**Listen:** [bit.ly/SIDpodcast](https://bit.ly/SIDpodcast)