



CUSD C.A.R.E.S.

Student Wellness Page

Connect • Act • Receive • Empower • Serve



It's ok to not be ok- you are not alone!

602-248-8336 (Teen)



Concerned about a friend?

- Seems like you haven't been yourself lately, what's up?
- You can tell me anything, I won't judge.
- Whenever you're ready to talk, I'm ready to listen.
- I'm worried about you. How can I help?

Tell a trusted adult.

- Do you have time to talk? I need help.
- Can we make time to talk? I am concerned about...
- I don't feel like myself. Can we talk?
- I am feeling depressed. Can you help me?

Suicide Warning Signs

- Feeling trapped.
- Withdrawing from friends, family, and activities.
- Increased anxiousness or agitation.
- Dramatic mood changes.
- Feeling hopeless or helpless.
- Looking for ways to harm or kill self by seeking weapons, pills, or other means.
- Talking about being a burden to others.
- Increasing drug or alcohol use.
- Talking or writing about death or suicide.
- Acting impulsively or recklessly.
- Giving away possessions.

Adults I Trust:

1
2
3

What you tell your school counselor or social worker is confidential unless:

- Someone is hurting you.
- You want to hurt someone.
- You want to hurt yourself.
- You give permission to share with another adult.

Positive Affirmations:

- I deserve to have joy in my life.
- My contributions to the world are valuable.
- I am worthy of respect and acceptance.
- My needs and wants are important.
- I am finding the courage to take the next right step.

My School Counselor is:

My School Social Worker is:

I'm Feeling

So I'll



Sad
Lonely
Overwhelmed
Frustrated
Anxious
Numb

Give myself 20 minutes to sit with the feeling
Call or text someone
Take a break: Write down my thoughts
Recognize what hurt me: Do something pleasant
Take deep breaths: Challenge negative thoughts
Reconnect with past feelings: Notice physical feelings

WRITE IN A JOURNAL
READ A BOOK
TAKE A BATH
LISTEN TO MUSIC
WATCH THE CLOUDS
GO FOR A RUN
FORGIVE SOMEONE
TURN OFF ALL ELECTRONICS
EXAMINE AN EVERYDAY OBJECT WITH FRESH EYES
FLY A KITE
NOTICE YOUR BODY
TAKE DEEP BELLY BREATHS
MOVE TWICE AS SLOWLY
PAINT ON A SURFACE OTHER THAN PAPER
PET A FURRY CREATURE
MEDITATE
PUT ON MUSIC AND DANCE
REST YOUR LEGS UP ON A WALL
HAVE A COFFEE BREAK
DRIVE SOMEWHERE NEW
WRITE A QUICK POEM
MAKE SOME MUSIC
CLIMB A TREE
SIT IN NATURE
READ POETRY
MEANDER AROUND TOWN
WALK OUTSIDE
LEARN SOMETHING NEW
LET OUT A SIGH
TAKE A BIKE RIDE
WATCH THE STARS
EAT A MEAL IN SILENCE
GO TO A BODY OF WATER
DO SOME GENTLE STRETCHES
CALL A FRIEND
LISTEN TO A GUIDED RELAXATION
GO TO A PARK
GO TO A FARMER'S MARKET
BUY SOME FLOWERS
FIND A RELAXING SCENT
WRITE A LETTER
READ OR WATCH SOMETHING FUNNY
VIEW SOME ART
COLOUR WITH CRAYONS
GIVE THANKS
ENGAGE IN SMALL ACTS OF KINDNESS
LIGHT A CANDLE
LET GO OF SOMETHING

Feeling Stressed?
Choose a few!

You Matter