



# CREATING HEALTHY RELATIONSHIPS

Name: \_\_\_\_\_

Class Period: \_\_\_\_\_

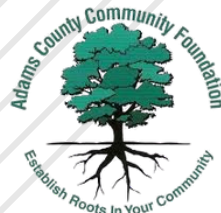
# THANK YOU TO OUR SPONSORS



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Making a positive impact on our community.



# POSITIVE 1 COPING MECHANISMS

Homework: Ways to Handle Stress Practice



Brief increases in heart rate, mild elevations in stress hormone levels.

Serious, temporary stress responses, buffered by supportive relationships.

Prolonged activation of stress response systems in the absence of protective relationships.

1. Stress is the feeling of being \_\_\_\_\_ or unable to cope with mental or emotional \_\_\_\_\_.

2. Ways to handle stress from school:

a. Ask for \_\_\_\_\_.

b. Know your \_\_\_\_\_.

c. \_\_\_\_\_: the state of being conscious or aware of something.

3. Keeping our eyes \_\_\_\_\_ on our goals and staying content with our timetable (instead of comparing ourselves to others) can help \_\_\_\_\_ stress and pressure from our lives.

4. Quality relationships allow us to deal with our \_\_\_\_\_ as it comes.

5. Implementing ways to handle stress can help us to \_\_\_\_\_ great things in life.



# WAYS TO HANDLE STRESS



## TAKE CARE OF YOUR HEALTH

Exercising (work out, swim, short walk, jump on the trampoline) can be a healthy way to increase your heart rate and help you get rid of excess energy. Eating healthy and even chewing gum can help you to think clearly.



## MINDFULNESS

When you are stressed, your thoughts can run wild inside of your head. Taking the time to become aware of what you are thinking and then redirecting your thoughts to a more productive avenue can help you overcome stress..



## WRITE IT DOWN

Do not filter your thoughts, just write down what you are thinking. Often times, reviewing what you write over time can help you to find triggers that could be causing the majority of your stress.



## AVOID PROCRASTINATION

Stress can cause you to delay activity because you are too overwhelmed to begin. However, delaying productivity will just lead to more stress. Often times tackling your problems as they arrive can reduce stress over the long haul.



## LAUGH

Life can feel so serious when you are stressed. Often times, just finding something to laugh about can help reset your mind to get you back on the right track. Whether you listen to a comedian or talk to a funny friend, laughter can be therapeutic when you are struggling.



## DEVELOP QUALITY RELATIONSHIPS

Whether you spend time with friends, family, or trusted adults, healthy relationships can help you know that what you are going through is normal, and can help you deal with your problems as they arise.

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# NEGATIVE COPING MECHANISMS

## HOMework: MY SAFE PEOPLE



### QUOTE:

"Never make a permanent decision about a temporary situation." - T.D. Jakes

1. Addiction: Losing \_\_\_\_\_ by consuming, doing or using something in a way that can be \_\_\_\_\_ for you.
2. Boundaries: A line that marks your \_\_\_\_\_.
3. It is never too late to get your life back on \_\_\_\_\_, but you may have lasting consequences from poor decisions.
4. One of our best safeguards from destructive \_\_\_\_\_ is quality relationships.
5. I can become the best version of \_\_\_\_\_ when I have people in my life who love the \_\_\_\_\_ me.
6. I can be my true self around \_\_\_\_\_.

# Reframe Your Thoughts

# 3

1. Reframing: Seeing things from a \_\_\_\_\_ perspective.
2. Obstacles can seem impossible until we look at them a \_\_\_\_\_ way.
3. Questions to broaden your \_\_\_\_\_:
  - a. Is this a fact or my \_\_\_\_\_?
  - b. Could I be \_\_\_\_\_?
  - c. How does this thinking \_\_\_\_\_ me?
  - d. How else could I \_\_\_\_\_ this situation?
  - e. What can I \_\_\_\_\_ from this?
4. Put yourself in a friend's shoes.
5. The quality of your \_\_\_\_\_ is the quality of where you live emotionally.
6. Our mindset determines our \_\_\_\_\_ more than our circumstances do.
7. If we want to get a new result in any area of our life, we have to have a NEW \_\_\_\_\_.
8. Steps to change our \_\_\_\_\_:
  - a. Guard the door of your \_\_\_\_\_ and feed it something positive every day.
  - b. \_\_\_\_\_ your body - fear and emotions are physical.
  - c. Find a mission \_\_\_\_\_ than yourself.
  - d. Find a role \_\_\_\_\_.
  - e. Help someone \_\_\_\_\_ off than you are.

HOMWORK:  
POWER POSE  
PRACTICE





# I NEED HELP!

A secret struggle can tear a person apart. Be sure to talk to a trusted adult, your school counselor, or one of the organizations listed below.

For more helpful websites, visit [aliveandwellteens.com](http://aliveandwellteens.com) or [211.org](http://211.org).

## ABUSE



**NATIONAL DOMESTIC VIOLENCE/ABUSE HOTLINE**

TEXT: loveis to 22522  
1.800.799.SAFE  
1.866.331.9474



**INDIANA CHILD ABUSE AND NEGLECT HOTLINE**

1-800-800-5556



**NATIONAL SEXUAL ASSAULT HOTLINE**

hotline.rainn.org  
800-656-HOPE

## BULLYING



**STOP BULLYING .GOV**  
stopbullying.gov  
1-800-273-TALK



**NATIONAL EATING DISORDERS ASSOCIATION**  
nationaleatingdisorders.org  
call or text: (800) 931-2237

## EATING DISORDERS

## COUNSELING



**LOOK UP INDIANA**  
Chat or text a soul medic  
Text LOOKUP to 494949  
or visit: [lookupindiana.org](http://lookupindiana.org)



**CROSSWINDS (FAMILY COACHING AND COUNSELING)**  
Crosswindseyouth.org  
855.927.7963



**RENOVATE COUNSELING SERVICES**  
renovatecounseling.org  
260.307.5030

## PORNOGRAPHY



**X3 WATCH**  
x3watch.com



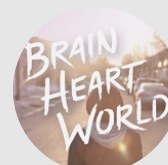
**NF COMPANION**  
App for Android



**COVENANT EYES**  
covenanteyes.com



**FIGHT THE NEW DRUG**  
fightthenewdrug.org



**BRAIN, HEART, WORLD**  
brainheartworld.org

## ONLINE PREDATOR



NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

[cybertipline.org](http://cybertipline.org)  
1-800-843-5678

## SELF HARM



SAFE ALTERNATIVES  
800-DONT-CUT  
[selfinjury.com](http://selfinjury.com)



NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## SEX TRAFFICKING



SHARED HOPE INTERNATIONAL  
[sharedhope.org](http://sharedhope.org)  
1-866-437-5433



HUMAN TRAFFICKING IN OUR BACKYARD  
[InOurBackyard.org](http://InOurBackyard.org)  
888-3737-888  
Text: HELP to 233733

## STI TESTING



THE HOPE CLINIC  
[hopeandanswers.com](http://hopeandanswers.com)  
Berne:  
260.589.3561  
Decatur:  
260.728.4191



A HOPE CENTER  
[ahopecenter.org](http://ahopecenter.org)  
Call or Text:  
224.585.3544

## UNPLANNED PREGNANCY

Check your local Health Department for valuable resources.



BARB HARTSELL  
Pregnancy Counselor  
Bethany Services  
[bhartsell@bethany.org](mailto:bhartsell@bethany.org)  
260.820.3404



THE HOPE CLINIC  
Berne or Decatur  
[thehopeclinic.net](http://thehopeclinic.net)  
B: 260.589.3561  
D: 260.728.4191  
24/7 Help Line:  
1.800.395.HELP



HELPING HANDS  
Pregnancy Resource  
Bluffton, IN  
[helpinghandscpc.org](http://helpinghandscpc.org)  
260.824.4263



A HOPE CENTER  
Fort Wayne  
[ahopecenter.org](http://ahopecenter.org)  
24/7 Help Line:  
260.422.3544



# 3

Due Session 4

# Power Pose Practice

*Stand up tall, puff out your chest, and put your hands on your hips. Set a timer for 2 minutes and answer these questions while you stand in this position:*

1. What am I really proud of in my life?

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2. What am I really grateful for?

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3. What am I excited about?

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*Go through your entire day. At the end of the day, evaluate how the power pose affected your day.*

1. Did you feel more confident than usual?

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2. Did you feel less stressed?

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3. Did you take action when you normally wouldn't have?

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4. When do you think it could be helpful for you to use the power pose?

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Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



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# MY SAFE PEOPLE

# 2



1. Name 5-10 teens or adults that you feel safe around. \_\_\_\_\_

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2. Name any of those people that are good at keeping secrets.

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3. From the above list, who do you admire? \_\_\_\_\_

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If you named someone for all three questions, chances are high that they could be a safe person that you can go to when you are struggling in life.

Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

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**FELGER HART, INC.**

*Getting your commercial and  
industrial HVAC job done right the  
first time.*



Name: \_\_\_\_\_

# Ways to Handle Stress Practice

Look through the 6 ways to handle stress that we talked about in class. Answer the questions below to help you learn how to implement these stress relievers in your daily life.



**TAKE CARE OF YOUR HEALTH**



**MINDFULNESS**



**WRITE IT DOWN**



**AVOID PROCRASTINATION**



**LAUGH**



**DEVELOP QUALITY RELATIONSHIPS**

1. Which of these ways to handle stress is the easiest for you to do?

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2. Which of these ways to handle stress is the hardest for you?

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3. Is there a strategy that you could use on a regular basis to help you relieve stress in your life?

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4. How are you going to implement this strategy?

---

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5. How do you think this will benefit your quality of life?

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Parent Signature: \_\_\_\_\_

**DUE SESSION 2**

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*Enhancing the quality of life in  
Huntington County.*



*Making a lasting difference  
in Wells County.*



*Making a positive impact  
on our community.*