

THRIVE

ALIVE & WELL

HELPING TEENS MAKE HEALTHY CHOICES



Name: _____

Class Period: _____

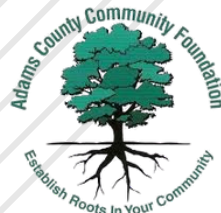
THANK YOU TO OUR SPONSORS



Providing you with the latest and best in outdoor power equipment and parts.



An Indiana based community bank providing personal, business, and agribusiness services.



Inspiring people and communities to build and distribute charitable funds for good.



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



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Making a positive impact on our community.



Enhancing the quality of life in Huntington County.



Providing fueling solutions for wholesale and retail customers.



Making a lasting difference in Wells County.



Saving marriages, strengthening families, and empowering individuals towards hope and wholeness.



United Way of Wells County

Making a positive impact on our community.

UNDERSTANDING THE WORLD



Worldview - the way we
_____ the world.

When we get stuck in our thought
patterns we should
_____ to someone!

Empathy - the ability to understand
and
_____ the feelings of
another.

We make a living by what we get,
but we make a _____
by what we give. - Winston
Churchill

On-line etiquette means going
back to the _____ rule.

When you _____ to
empathize with others, you will
experience a new
_____ to your
relationships.



UNDERSTANDING STRESS

Homework: Understanding Emotions

1. How do you know when you are experiencing stress? What happens to your body when you feel stress?

2. Up to 77% of all of our health issues are due to _____.
3. List 4 positive ways to cope with stress or anxiety:
 1. _____
 2. _____
 3. _____
 4. _____
4. Real relationships and the work of life is more _____, but at the end of the day more _____, growth producing, and _____.
5. When we are feeling overwhelmed, we need to _____ to someone.
6. Your _____ can't always be _____.
7. The longer we stay inside our _____, the more dangerous our thoughts become.
8. It is _____ to not be _____.
9. One of our greatest human needs is to be _____ known and fully loved.
10. Go to a _____ adult when you are having difficulties figuring it out on your _____, or when someone has been or could be emotionally, physically, or _____ hurt.
11. Having a secret _____ can continue to _____ the problem, but getting outside your head and finding _____ from other people can be a _____ step towards healing.
12. It is time to find professional _____ when your depression, anxiety, or stress gets to a level that is becoming difficult to control on your own, or to function during the day.
13. To express your emotions ask:
 - What am I _____?
 - Why am I _____ this way?
 - What is the other person _____?

STRESS RELIEVING IDEAS

01

GIVE YOURSELF MORE TIME

Stress can come simply from rushing from one activity to another. Try waking up 10 minutes earlier, or getting ready 10 minutes before you have to leave so you are calmer when you walk out the door.

02

GET MORE SLEEP

Put your device in a different room to prioritize sleep in your life. Try going to bed 30 minutes earlier. Spend the last 30 minutes before bed device-free.

03

PHYSICAL ACTIVITY

Go for a walk, Try yoga. Go running. Lift weights. Being physically active can increase endorphins, which is a natural way to relieve stress.

04

PRACTICE DEEP BREATHING

Getting oxygen into your brain is a great way to feel better and think more clearly.

05

DEVELOP QUALITY RELATIONSHIPS

Sharing your hopes, dreams, fears and insecurities with a trusted friend is a great way to relieve built up stress and anxiety in your life.

06

TALK TO A TRUSTED ADULT

The adults in your life will understand your struggles more than you think they will. Try sharing what is really going on with your parents or guidance counselor.

07

HAVE WHITE SPACE

Stress can often develop when we don't allow our brain time to process the world around us. Give yourself at least 30 minutes every day when you are not inputting, but instead process the world around you.

STRESS COPING IDEAS



SQUARE BREATHING

Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, and repeat until your heart rate has returned to normal.



JOURNAL

Do not filter your thoughts, just write all your emotions down so your brain can process the world around you.



LISTEN TO MUSIC

Listen to slow, quiet, classical music to help lower your heart rate and blood pressure.



GO ON A WALK

Do not listen to anything, just breathe the in the fresh air and give your brain a chance to reset.



COLOR A PICTURE

The repeated pattern of moving the crayon, marker, or colored pencil back and forth is a great stress reducing activity.



TALK TO A TRUSTED ADULT

Ultimately, talking to someone is the only way you will feel better with the repeated stress in your life. Find a parent, guidance counselor, teacher, youth pastor, or other adult to share your life struggles.



Understanding Myself

Session 3

Homework: How Much Downtime Do I Have?

1. 50% of teens feel _____ to their cell phones.
2. Teens need _____ hours of sleep every night.
3. Our brains are busy _____ while we are sleeping. Sleep allows the _____ to process information and remove _____ that it doesn't need so that our brain doesn't feel _____ the next day.
4. REM - Rapid Eye Movement Sleep - the stage where our brains are most _____.
5. The longer you _____, the longer your REM cycles become.
6. The 3 steps our brain goes through to process information:
 - a. Input
 - b. _____
 - c. Output
7. Quiet time without any _____ can help us process the world around us.
8. What comes _____ won't last. What _____ won't come easy.
9. No matter what your secret struggle is, do not go through it on your _____.
10. Often times the faster you find someone to _____ to, the _____ you are able to process and deal with the _____, and the better you feel.
11. My trusted adult is: _____

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*Providing fueling solutions for
wholesale and retail customers.*

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 or 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



EATING DISORDERS

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

COUNSELING

LOOKup

LOOK UP INDIANA
Chat or text a soul medic
Text LOOKUP to 494949
or visit: 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



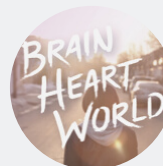
NF COMPANION
App for Android



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
1-800-843-5678

SELF HARM



SAFE ALTERNATIVES
800-DONT-CUT
selfinjury.com



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255
suicidepreventionlifeline.org

SEX TRAFFICKING



SHARED HOPE INTERNATIONAL
sharedhope.org
1-866-437-5433



HUMAN TRAFFICKING IN OUR BACKYARD
InOurBackyard.org
888-3737-888
Text: HELP to 233733

STI TESTING



THE HOPE CLINIC
hopeandanswers.com
Berne:
260.589.3561
Decatur:
260.728.4191



A HOPE CENTER
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
260.820.3404



THE HOPE CLINIC
Berne or Decatur
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
260.824.4263



A HOPE CENTER
Fort Wayne
ahopecenter.org
24/7 Help Line:
260.422.3544

HOW MUCH DOWNTIME DO I HAVE?

Throughout the next 5 days, fill out the chart to track how much sleep and downtime you have. After you are finished, answer the questions below.

3

Hours of sleep

Log how many hours you sleep each night

1 Hour of Quiet time

Circle Y if you gave your brain at least one hour without anything to process

	Y	N
	Y	N
	Y	N
	Y	N
	Y	N

Did you think

you were getting enough sleep?

If not, what could you do to get the amount your body requires?

Were you getting

an hour of downtime every day?

If not, what could you do differently to give your body an hour of downtime?

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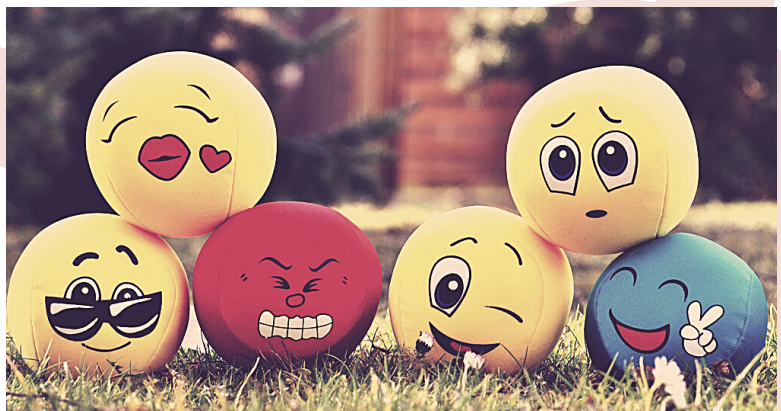
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towards hope and wholeness.*

For the next 24 hours bring this paper with you to your classes. Keep track of all the different emotions you feel throughout each class period.

2

Emotions:

- Admiration*
- Adoration*
- Appreciation*
- Amusement*
- Anxiety*
- Awe*
- Awkward*
- Bored*
- Calm*
- Confused*
- Craving*
- Disgust*
- Envy*
- Excited*
- Fear*
- Horror*
- Interest*
- Joy*
- Nostalgia*
- Pain*
- Romance*
- Sad*
- Satisfaction*
- Sympathy*
- Triumph*



Name: _____

Parent Signature: _____

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UNDERSTANDING EMPATHY

EMPATHY

The ability to understand and share the feelings of another

How could you respond with empathy to a person who is humiliated after having a sext of themselves sent around the school?

How could you respond with empathy to a person who has just experienced a devastating break up?

How could you respond with empathy to someone who has different beliefs than you do?

1



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