

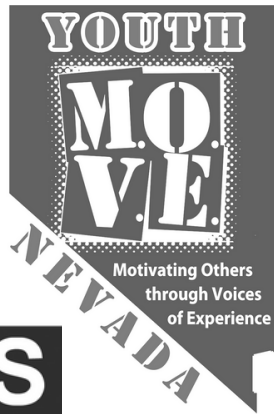
# ***Mental Health Matters***



Mental Wellness  
Activity Book



# PARTNERS



## **ABOUT THIS BOOK**

This activity book was made to talk about mental wellness & self-care. We want you to know that you are not alone and that mental health matters!



## **ABOUT YOUTH MOVE**

We are a youth-inspired and youth-led organization that encourages and empowers our youth peers to unite together to engage with youth-serving systems. We recognize the power of lived experience and are also a strengths-based bridge to improving support services for youth, by youth, through our shared experience and expertise. Youth MOVE Nevada is committed and driven to representing the authentic youth voice.

# GET INVOLVED!



Visit our Website at  
[nvpep.org/youth-move](https://nvpep.org/youth-move)



Register for virtual peer-led  
meetings for youth ages 14-24



Give us a call at 1-800-216-5188



Email us at  
[youthmovenv@nvpep.org](mailto:youthmovenv@nvpep.org)



Listen to our podcast on Spotify



## BE INTENTIONAL

Achieving goals can improve your mental health!  
Use this space to write some of your goals.

A vertical list of ten empty circles, each followed by a dashed horizontal line for handwriting practice.

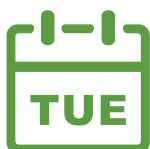
TAKE A BREAK



BREATHE  
IN  
BREATHE  
OUT

# GRATITUDE FOR A POSITIVE ATTITUDE

Write 1 thing you are grateful for every day.



# SELF CARE BINGO

Cross off the self-care activities after you do them!

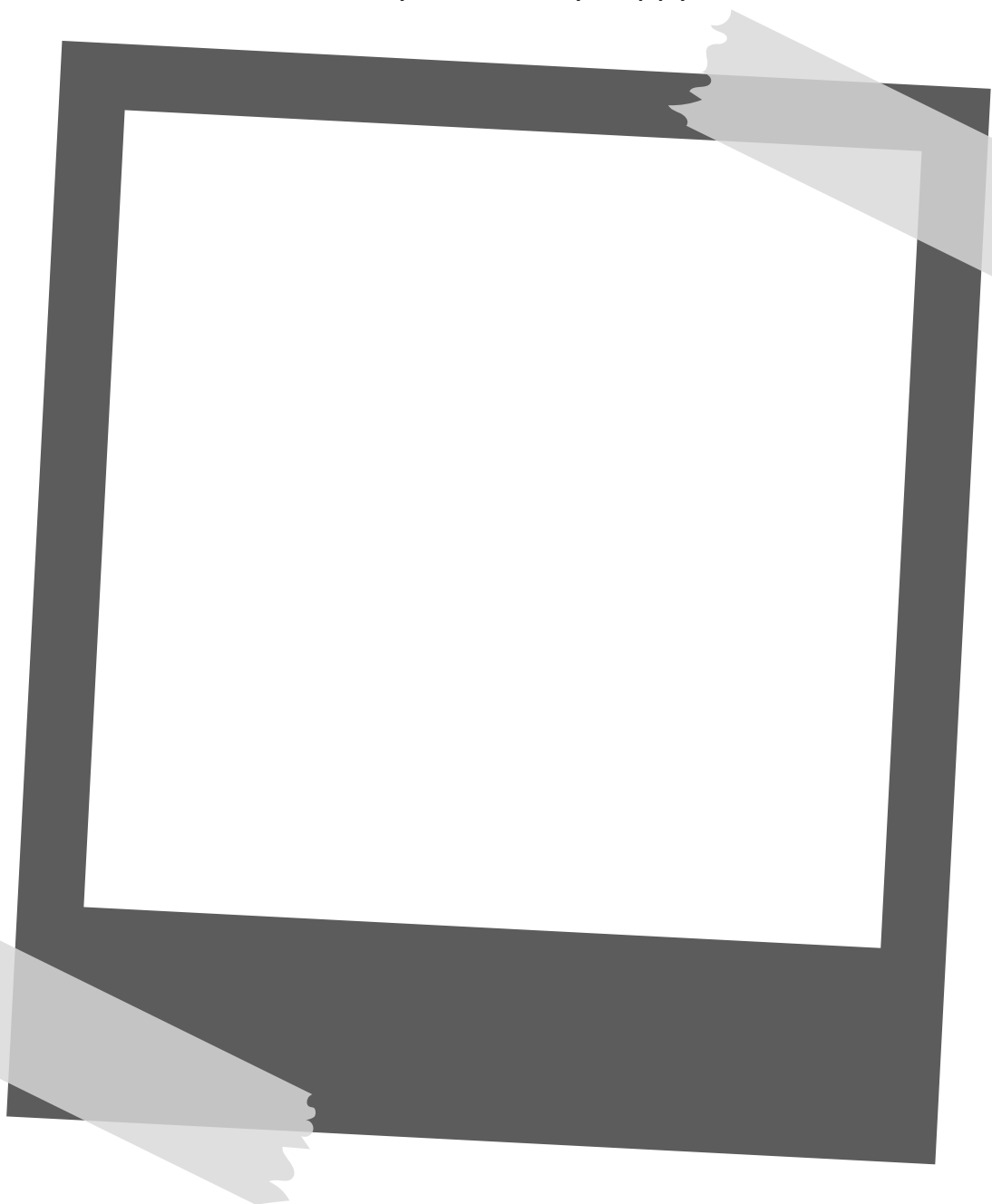
Spent time on a hobby	Said 3 things I love about myself	Drank water	Ate a full, nutritious meal
Laughed	Talked to or spent time with a friend	Journalled	Watched a show or movie
Exercised	Listened to my favorite music	Went outside	Went to bed early
Meditated	Made my bed	Created art	Read for fun

# BINGO!



# THINK HAPPY BE HAPPY

Think about a time you felt very happy and draw it.



## WRITE IT OUT

Pick one prompt to write about.

Write about a hobby or activity that brings you joy and why it is important to your overall well-being.


Reflect on a recent accomplishment or milestone and how it has positively impacted your sense of self-worth.

Describe a person or support system that has had a significant positive impact on your mental health.

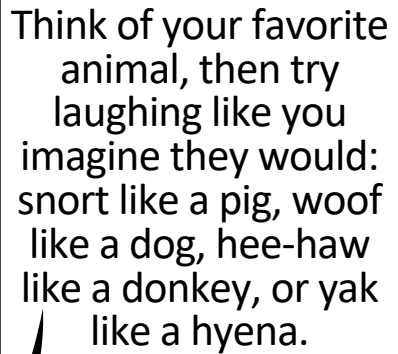
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# LAUGH IT UP


When you laugh, your body relaxes and releases endorphins- natural chemicals that make you feel good.



Laugh ilike an evil overlord who's just taken over the universe. Mwa-ha-ha-ha!



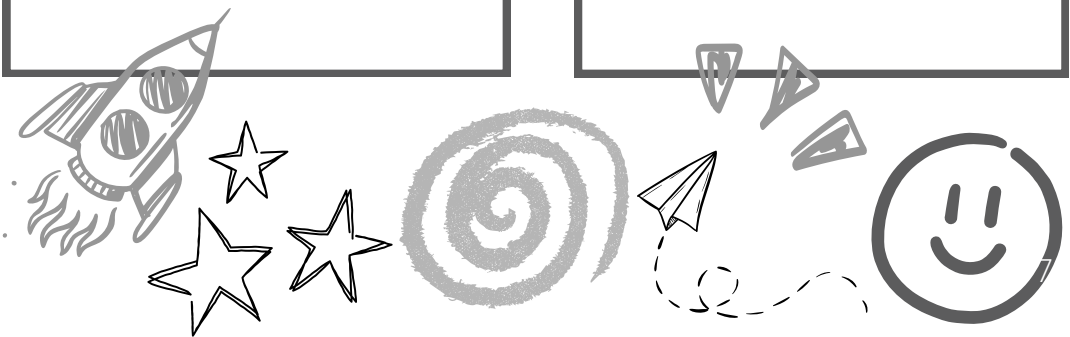
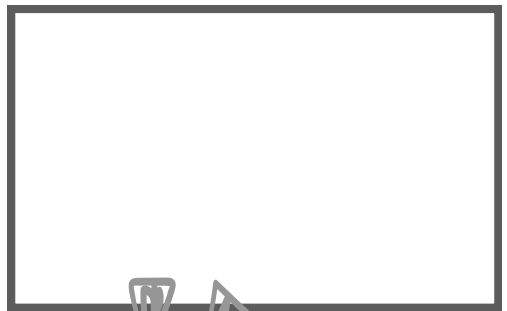
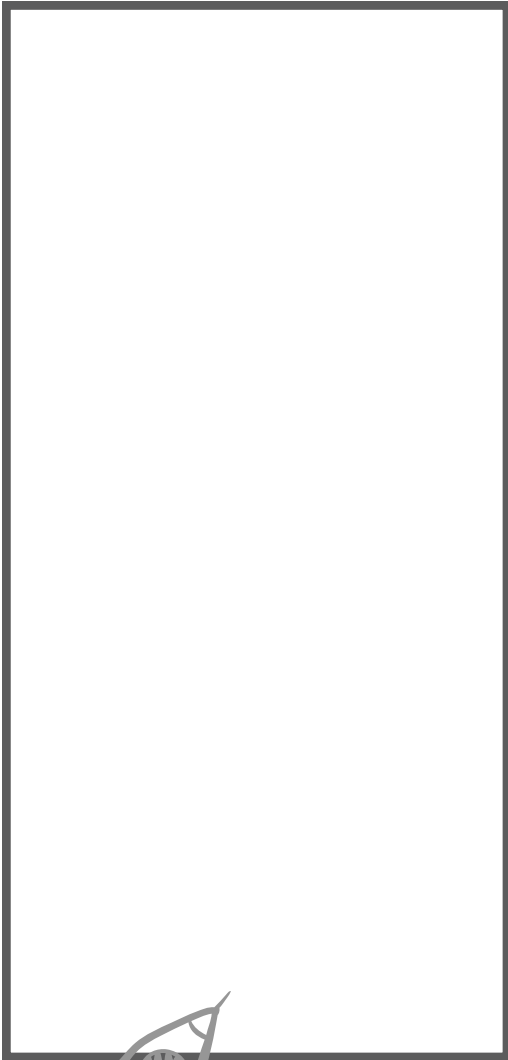
Think of your favorite animal, then try laughing like you imagine they would: snort like a pig, woof like a dog, hee-haw like a donkey, or yak like a hyena.



Try this with a friend: sit across from each other. Take turns making ridiculous faces to see who laughs first.

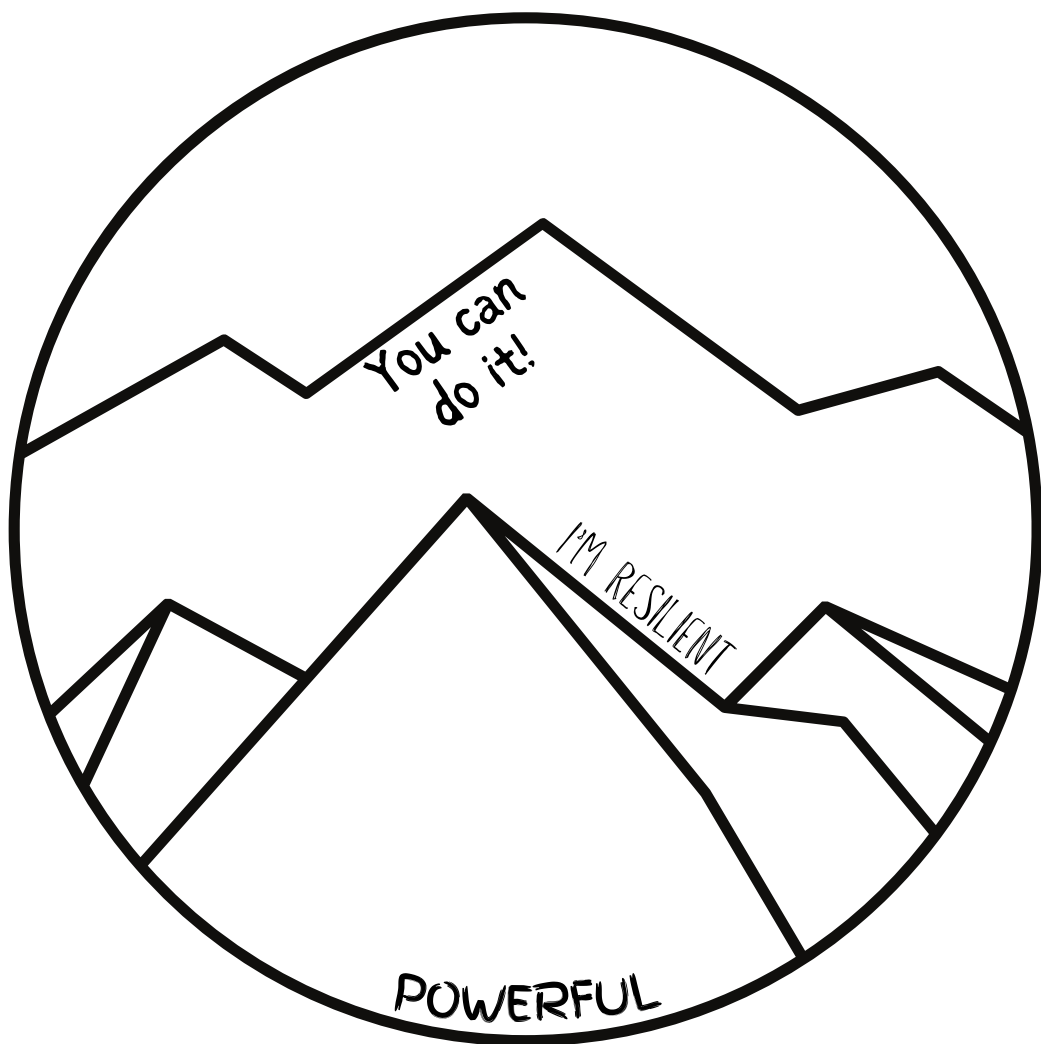
# CALMING STRATEGY

Drawing and other forms of creativity are excellent ways to calm down. Try sketching or doodling in the boxes!



# MOUNTAINS OF STRENGTH

Fill these mountains with strong words that make you feel courageous and hopeful.



# SUPERHERO STRENGTHS

**HOPE** Believe that good things are possible

**ENERGY** Put effort into your goals

**RESILIENCE** Keep trying

**OPTIMISM** Believe in your power to succeed

Draw yourself as a superhero.

MY SUPER  
POWER IS:

# RESOURCES

## 988 SUICIDE & CRISIS LIFELINE

Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Call 9-8-8 | [988lifeline.org](https://988lifeline.org)

## MOBILE CRISIS RESPONSE TEAM (MCRT)

MCRT supports youth and families of youth under the age of 18 showing signs of behavioral or mental health issues that pose a threat to the child's stability within their home, school or community.

[knowcrisis.com](https://knowcrisis.com)

## NAMI NEVADA

NAMI Nevada is dedicated to the improvement of the quality of life for persons who are affected by mental illnesses, by providing education, support, and advocacy.

[naminevada.org](https://naminevada.org)

## TEEN TEXT LINE

The Nevada Teen Peer Support Text Line is a stigma-free, non-crisis peer support text service for adolescents and young adults ages 13-24 years and younger.

775-296-8336

## NEVADA 211

A program of the Nevada Department of Health and Human Services committed to helping Nevadans connect with the services they need.

Call 2-1-1 | [nevada211.org](https://nevada211.org)

## TELL MY STORY

Our mission is to give every parent the knowledge, tools, and resources they need to nurture their children's mental health.

[tellmystory.org](https://tellmystory.org)

## YOUTH MOVE NEVADA

We are a youth inspired and youth led organization that encourages and empowers our youth peers to unite together to engage with youth serving systems.

[nvpep.org/youth-move](https://nvpep.org/youth-move)



# SPONSORS

Showing Appreciation to our Sponsors for their Contributions to Promoting  
Acceptance, Advocacy, and Action for Children's Mental Health.

