

Mental Health Matters



Mental Wellness
Activity Book



PARTNERS



Nevada Institute For Children's Research & Policy



Washoe County
Children's Mental Health
Consortium

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



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



Listen to our podcast on Spotify



BE INTENTIONAL

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



TAKE A BREAK

BREATHE
IN
BREATHE
OUT

GRATITUDE FOR A POSITIVE ATTITUDE

Write 1 thing you are grateful for every day.



SELF CARE BINGO

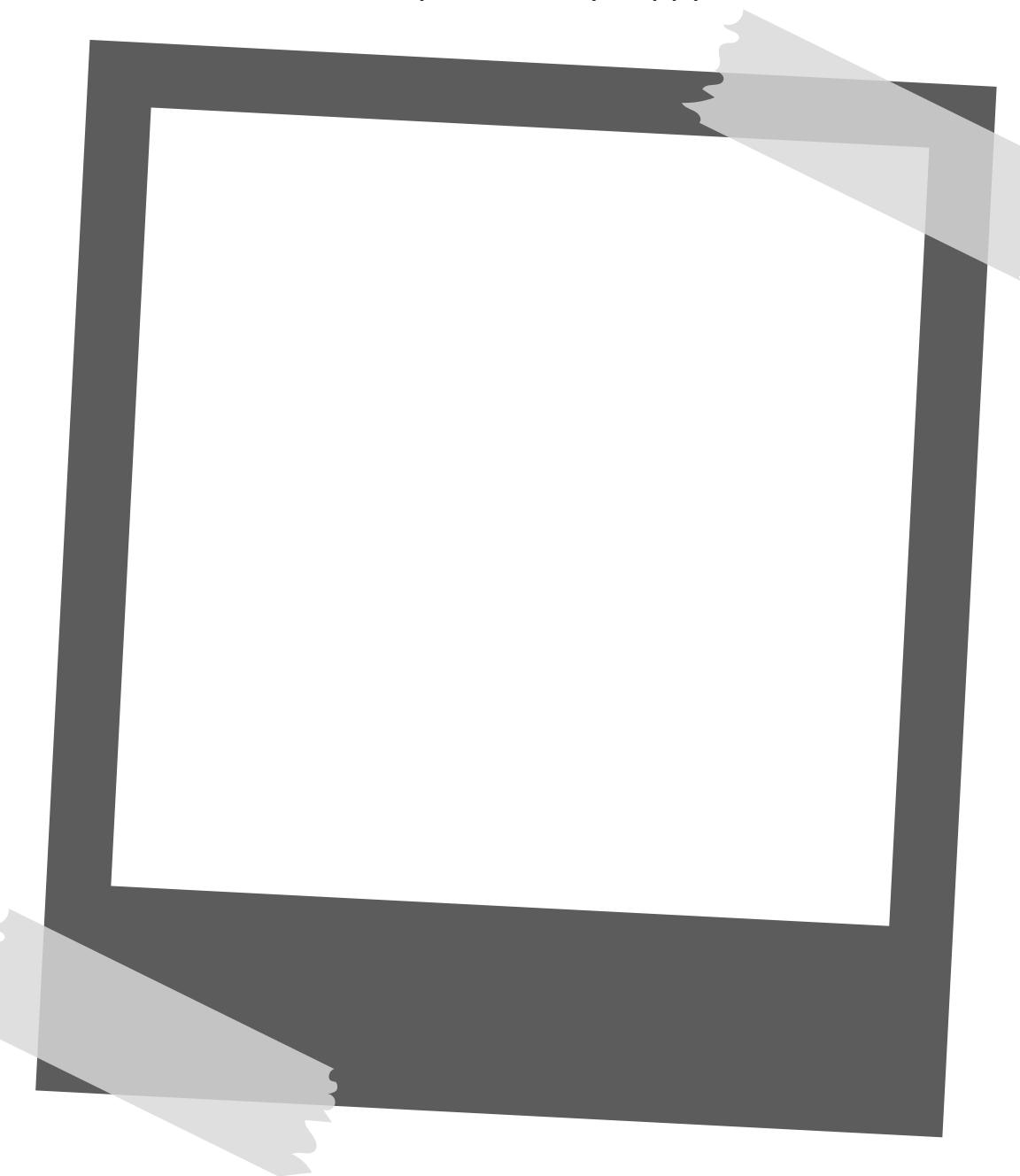
Cross off the self-care activities after you do them!

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	Journalized	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.

LAUGH IT UP

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

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

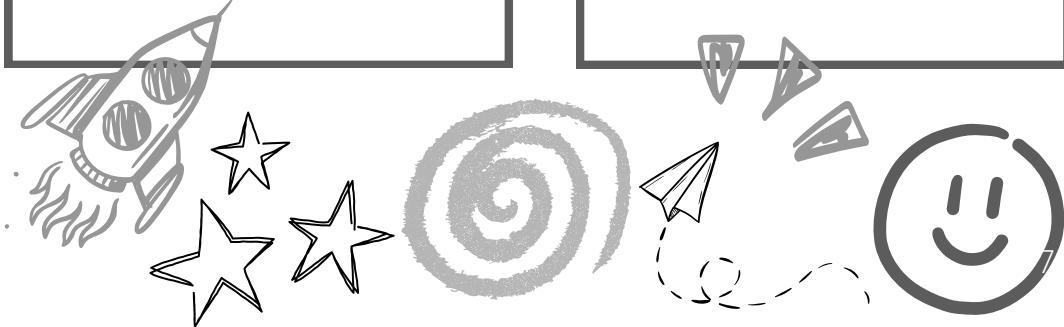
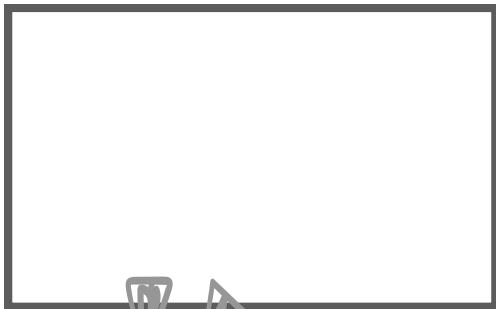
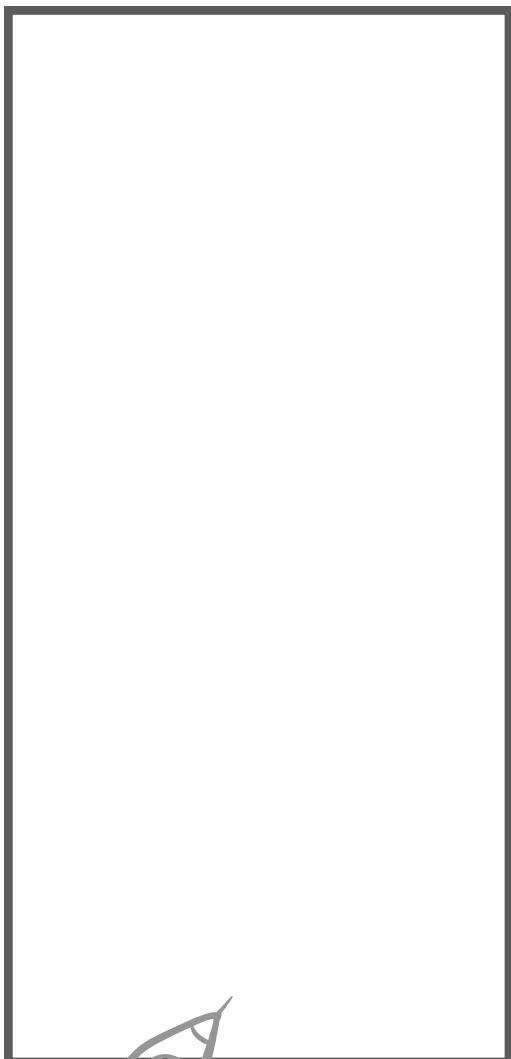
Think of your favorite animal, then try laughing like you imagine they would: snort like a pig, woof like a dog, hee-haw like a donkey, or yak like a hyena.



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

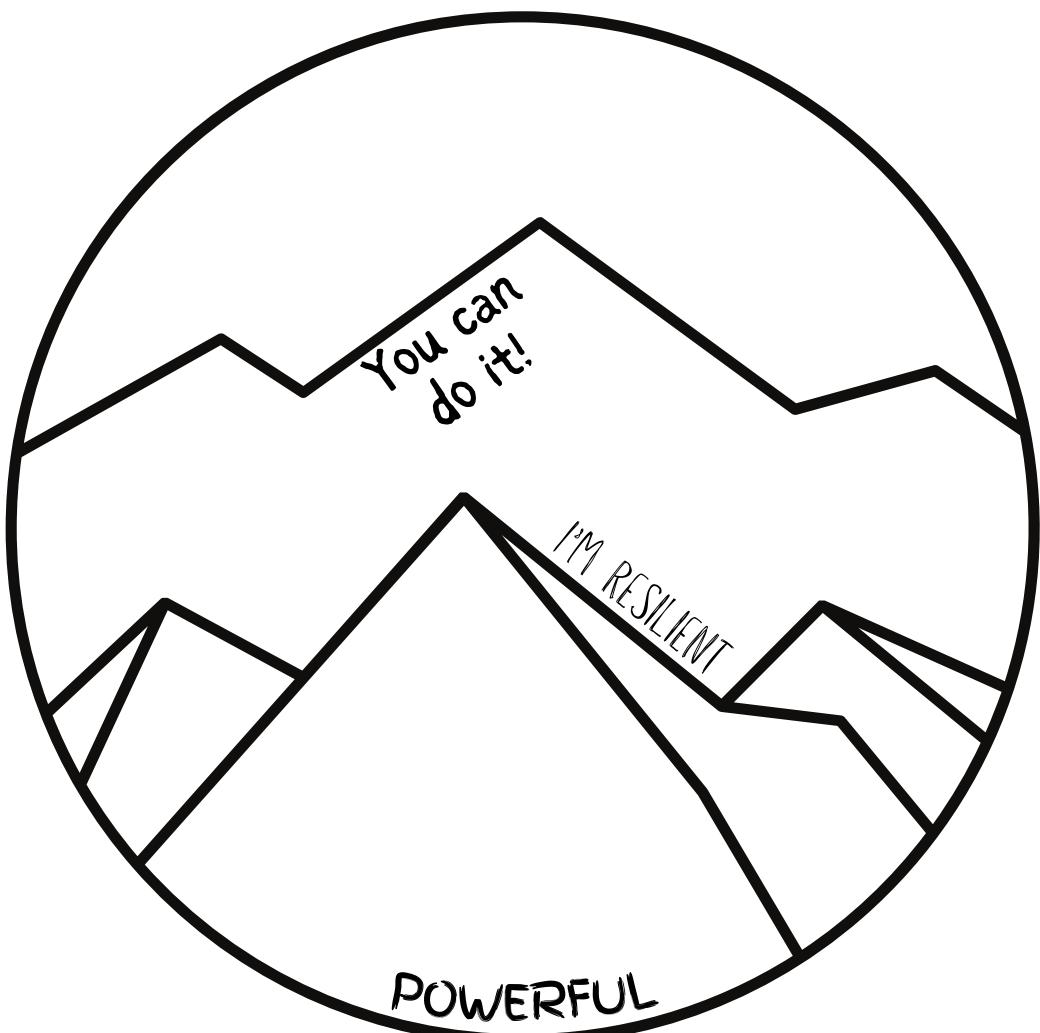
CALMING STRATEGY

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

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

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

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 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

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

YOUTH MOVE NEVADA

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nvpep.org/youth-move



SPONSORS

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

