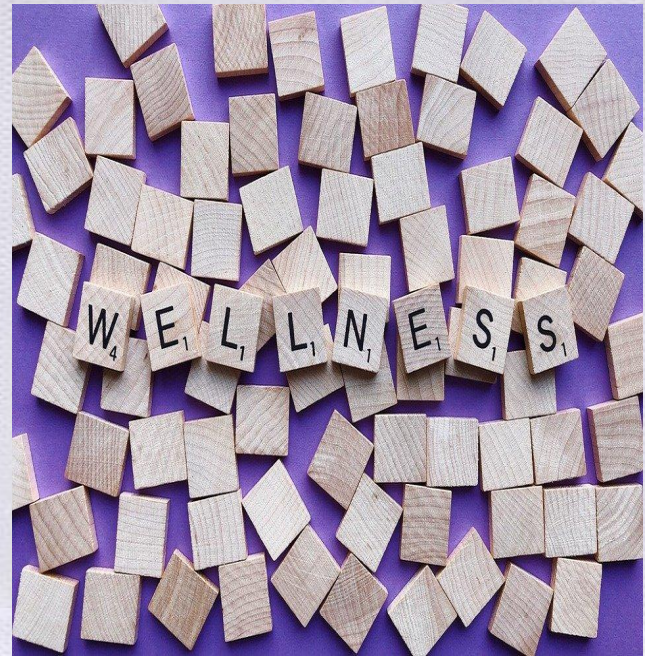


## Wellness and Wellness Planning

### Part One Review:

- Overall Wellness
- Typical Stress
- Self-Care Inventory





## **Essential Questions:**

**What are signs that it's time  
to reach out and get help  
with my wellness plan?**

**How do I reach out?**

## Positive Stress

- Moderate, short lived stress responses that are a normal part of life and healthy development. A child can learn to manage and control these experiences with support of caring adults through safe, warm and positive relationships

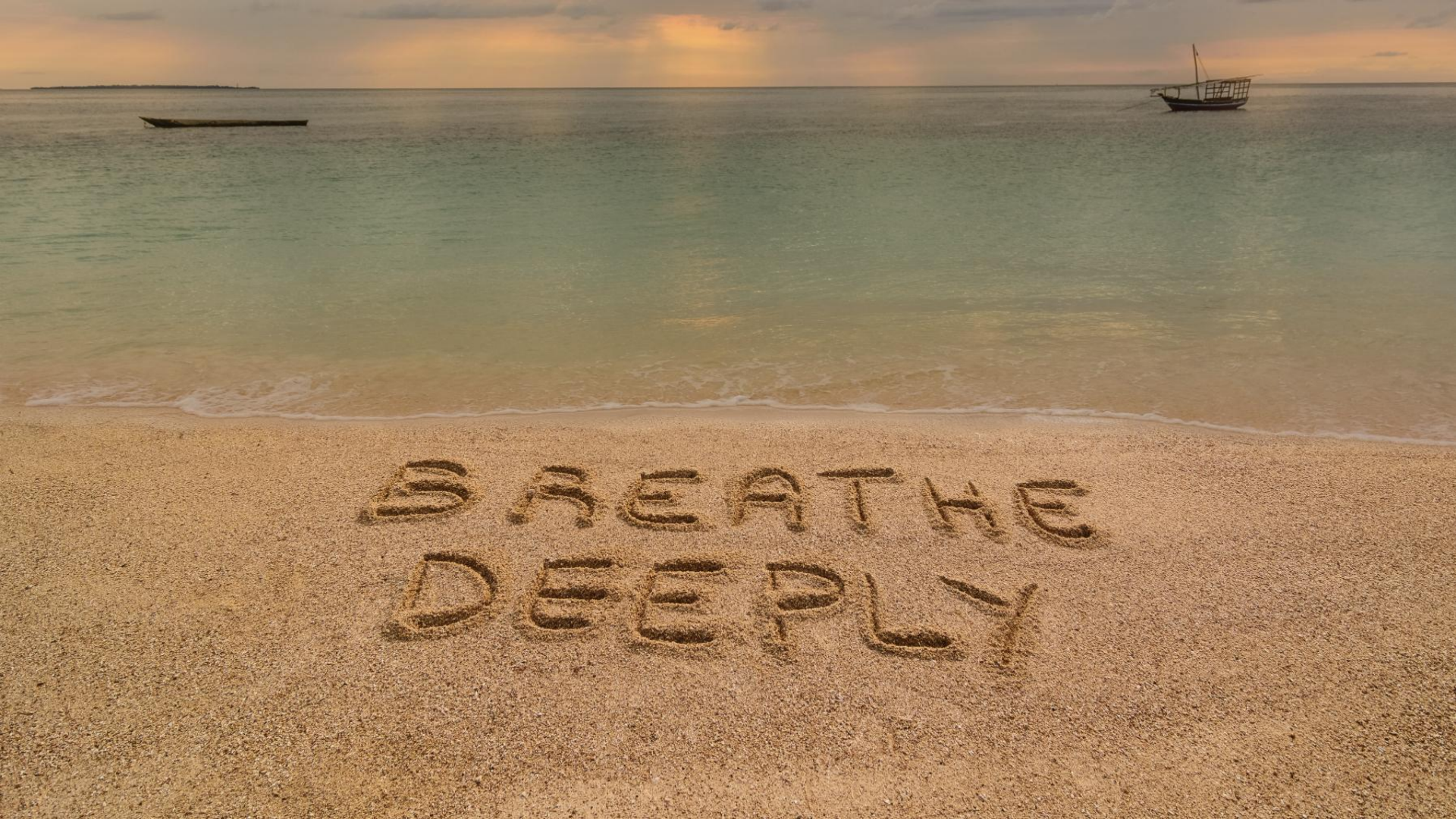
## Tolerable Stress

- Stress responses that could affect brain development, but usually occur for briefer periods that allow the brain to recover and reverse potentially harmful effects.

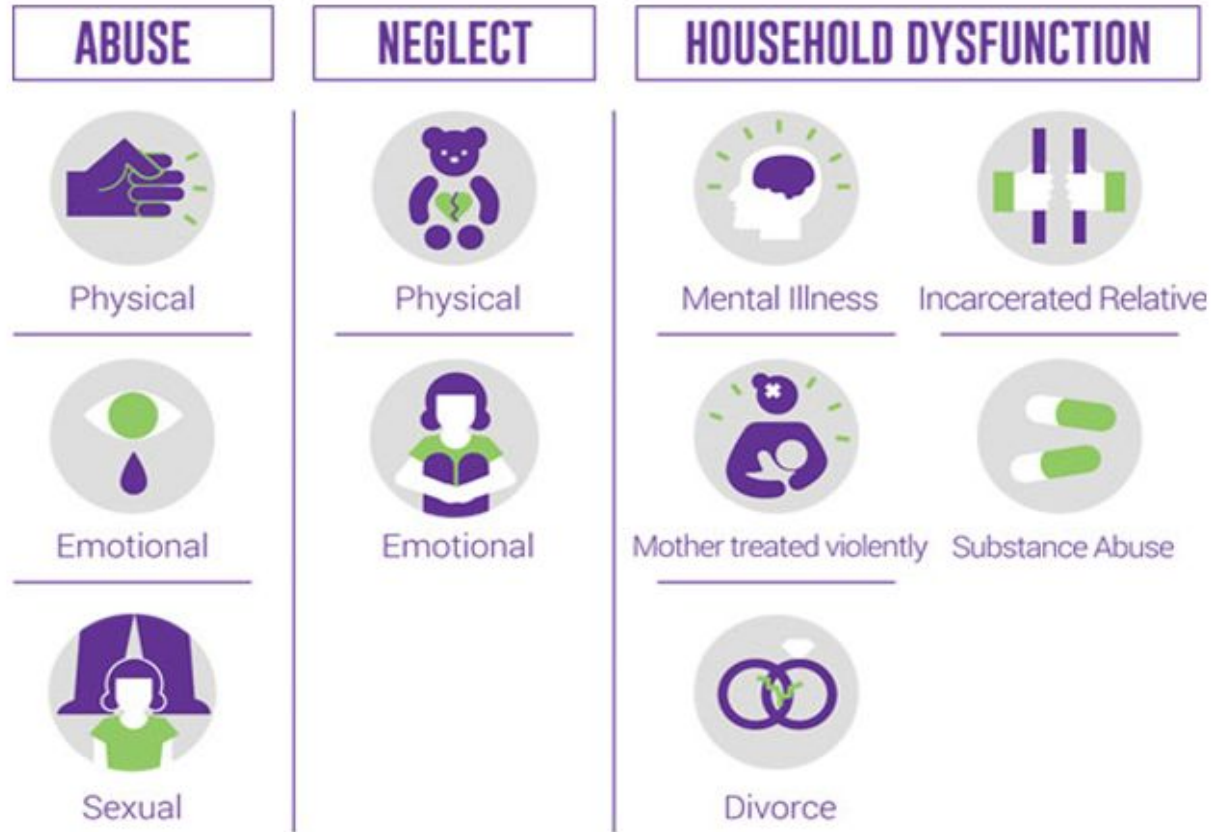
## Toxic Stress

- Strong, frequent or prolonged activation of body's stress management system. Stressful events that are chronic, uncontrollable and/or experienced without the child having access to support from caring adults.

BREATHE  
DEEPLY



# Some experiences that can cause Toxic Stress:



## Some experiences that can cause Toxic Stress continued:

- Community Violence
- Homelessness
- Discrimination
- Foster Care
- Bullying
- Repeated medical procedures or life-threatening illness
- Death of Caregiver
- Loss of caregiver due to deportation or migration
  - Adapted from *The Deepest Well* (N. Burke-Harris, 2018)

## *Signs that I or someone I know needs help*

### Mind

- × Panic
- × Excessive Worry
- × Emotions feel overwhelming
- × Hopelessness
- × Sense of Defeat
- × Feelings of Worthlessness
- × Thoughts of suicide

### Body

- × Frequent tiredness, or low energy
- × Loss of appetite or binge eating
- × Headaches
- × Weight gain or loss
- × Self-harm

### Relationships

- × Feeling alone
- × Withdrawing from others
- × Difficulty engaging with others
- × Difficulty accepting help/support



# What to do

- × Seek out the help of a trusted adult
- × Tell a friend
- × Call or text a crisis resource
- × Report the post (on social media) to a trusted adult



**WITH THE RIGHT  
SUPPORTS, PEOPLE  
CAN FEEL BETTER  
AND HEALTHY.**



*Never Forgotten*  
**5/18/2001 – 12/14/2017**

If you're worried about a person...

- **ASK THE QUESTION:** Sometimes we are afraid that asking about suicide can make things worse for a person. Research shows this is not true. By asking: "Have you ever thought about suicide?" We communicate that we really care about the person.
- **CARE and LISTEN**
- **ESCORT to the NEXT LEVEL of CARE:** Parent, teacher, coach, counselor, crisis support (Washington Co. Crisis Line 503-291-9111 or Hawthorn Walk-In Center 5240 NE Elam Young Pkwy, Hillsboro, OR, 503-846-4555)

If a peer said they were having thoughts about suicide, how might I tell a person who is the next level of care?

<b>Parent:</b> "I'm really worried about a friend. They posted this on Instagram. Can you help me reach out to somebody that can help them?"
<b>Teacher:</b> "Something just doesn't feel right about what this person said. I don't want to get them in trouble, but I do want to make sure they get the help they need. What should I do?"
<b>Coach:</b> "Hey coach, our teammate isn't here today and I am really nervous about something that I heard them say earlier today. I don't want to overreact but they said they feel empty inside. Should we worry?"
<b>Counselor:</b> "I don't know what you can do, but I saw a student I don't know very well post something last night about not wanting to live. Can you check in with them?"
<b>Crisis Line (24 hour support people for Mental Health crisis):</b> "I've never used a crisis line before and I'm not sure how it works, but I am worried about my friend."

List one or two trusted adults you can talk to at school. \_\_\_\_\_ and/or \_\_\_\_\_

What would you say?

List one or two trusted adults you can talk to outside of school. \_\_\_\_\_ and/or \_\_\_\_\_

What would you say?

What do you do afterward to take care of yourself?

\*\*\*If you or a friend are experiencing thoughts of suicide or have a plan of suicide, the Counseling Center is available for urgent situations like this. Tell the Counseling Secretary, Ms. Zavala, it is urgent and she will find someone for you to talk to.\*\*\*



If nothing is working for yourself or for a friend...

Sometimes, no matter what you do to try to help yourself, it never feels like enough. If you are feeling like you just want to give up....

Please reach out.



## So, that was heavy...

Turn to your elbow partner:

- » Share 1 thing you're looking forward to this weekend
- » Your favorite kind of dessert
- » What is your favorite animal and why?
- » Take a deep breath
- » Say "dang I'm an amazing person!" to yourself
- » Exhale slowly



If you need to talk:

Reach out to an adult you trust.

At Century, your Teachers, Staff and Counselors are here to support you.