




Trusted Adult Pledge to Support Youth Mental Health:

Take the **PAWESOME** Pledge for Mental Health!

**I PLEDGE TO SUPPORT
YOUTH AND BE A ROLE
MODEL BY:**

-  Promoting ways to take care of our Mental Health together and separately.
-  Being available as a Trusted Adult.
-  Completing my own Mental Health Plan, using it, and reminding youth to use their Mental Health Plan when they feel sad, mad or worried.



PAWS UP
for mental health



Name:



MENTAL HEALTH PLAN

For Adults

How to know if I feel sad, mad, or worried

- ☐ Eating less or more
- ☐ Trouble sleeping or staying asleep
- ☐ Arguing more
- ☐ Crying easily
- ☐ Feeling tired or bored with things I like
- ☐ Wanting to be alone a lot
- ☐ Acting impulsively
- ☐ Feeling nervous/stressed

Places to go

- ☐ Library
- ☐ Park
- ☐ Grocery Store
- ☐ Gym
- ☐ Coffee Shop
- ☐ Community Center
- ☐ Faith-based Community

Things I can do with others to make me feel better

- ☐ Play board games
- ☐ Play a sport
- ☐ Go for a walk or hike
- ☐ Go to the store
- ☐ Watch a movie
- ☐ Go to lunch
- ☐ Dance and sing
- ☐ Tell jokes

Things I can do to take care of my mental health

- ☐ Listen to music
- ☐ Breathe slowly
- ☐ Practice mindfulness or meditation
- ☐ Play a game
- ☐ Garden
- ☐ Read a book
- ☐ Sew or knit
- ☐ Play with pet
- ☐ Exercise
- ☐ Build something



Self-Care Strategies

If the above strategies aren't working Ask yourself... Am I...?

- ☐ Drinking water?
- ☐ Eating nutritious meals?
- ☐ Getting enough sleep?

Take care of yourself by building these habits in your life

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| <ul style="list-style-type: none"><input type="checkbox"/> Stay hydrated and well fed<ul style="list-style-type: none"><input type="checkbox"/> Drink water<input type="checkbox"/> Make time for 3 meals a day<input type="checkbox"/> Eat a balanced diet<input type="checkbox"/> Organize my space<ul style="list-style-type: none"><input type="checkbox"/> Make my bed<input type="checkbox"/> Throw away garbage and clutter<input type="checkbox"/> Find a home for things<input type="checkbox"/> Sleep hygiene<ul style="list-style-type: none"><input type="checkbox"/> Aim for 8 hrs of sleep per night<input type="checkbox"/> Set a consistent sleep schedule<input type="checkbox"/> Reduce screen time<input type="checkbox"/> Make time for relationships & friendships<ul style="list-style-type: none"><input type="checkbox"/> Call someone for a momentary distraction from my worries or problems<input type="checkbox"/> Spend time with people who brighten my mood<input type="checkbox"/> Spend time in places that reduce my stress | <ul style="list-style-type: none"><input type="checkbox"/> Other habits I can add to my life:

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988 SUICIDE & CRISIS
LIFELINE

If experiencing a mental health crisis,
Call or text 988 or CHAT
www.988lifeline.org

Find national resources here:

www.preventsuicidect.org
www.gizmo4mentalhealth.org

