

Staying Mentally Strong in High School During the College Application Process

Bridge to Wellness

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, creating a triangular shape in the bottom right of the slide.

Bridge to Wellness Team

Richard Montgomery High School

- Care Manager: Veronica Gonzalez
- Youth Developmental Specialist (YDS): Marcos Rodriguez
- Mental Health Therapist: Amanda Sipes
- Location: across from cafeteria (room 143)

Damascus High School

- Care Manager: Sayra Canizalez
- Youth Developmental Specialist (YDS): Liliana Vargas Quijano
- Mental Health Therapist: Stephanie Felde

Clarksburg High School

- Care Manager: Danelle Griffin
- Youth Developmental Specialist (YDS): Astrid Medina
- Mental Health Therapist: Thania Orozco
- Location: MHT (Rm: 148B) CM & YDS (Rm 148A)

Northwest High School

- Care Manager: Angie Quiroz
- Youth Developmental Specialist (YDS): Daqwan Hill
- Mental Health Therapist: Ellen Winter, Talatha Mahmoud

Outline

- Self-Care Strategies
- How to Support Your Child During the Application Process/HS
- Time Management
- Resources
- Q & A

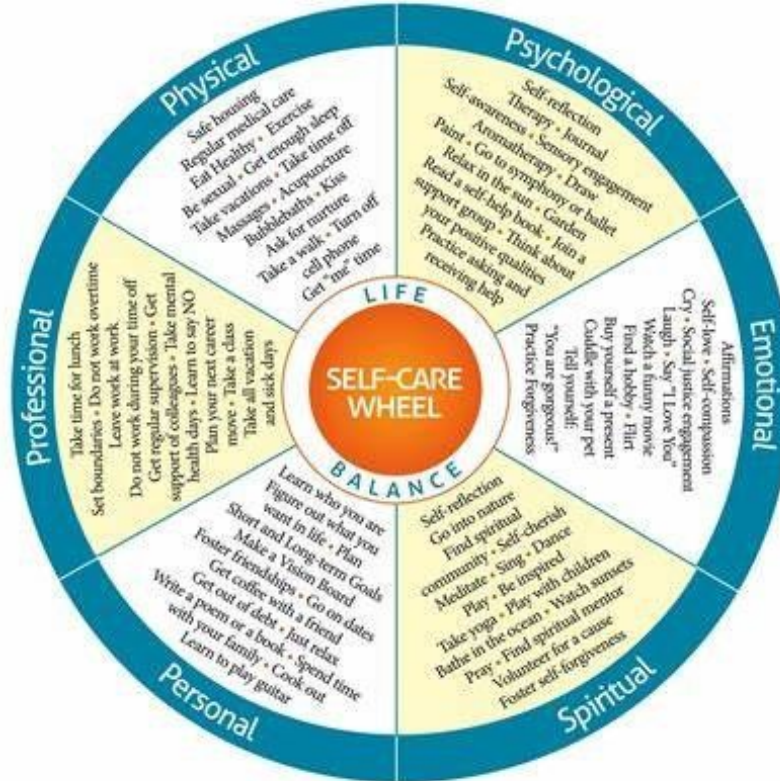
Self-Care



What is self-care?



Self care wheel



Self Care mini Assessment: Do I take care of myself?

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

Self Care mini Assessment: Do I take care of myself?

1 2 3 ★ **Physical Self-Care**

Eat healthy foods

Take care of personal hygiene

Participate in fun activities (e.g. walking, swimming, dancing, sports)

Rest when sick

Overall physical self-care

Self Care mini Assessment: Do I take care of myself?

1 2 3 ★ **Psychological / Emotional Self-Care**

Take time off from work, school, and other obligations

Participate in hobbies

Get away from distractions (e.g. phone, email)

Learn new things, unrelated to work or school

Overall psychological and emotional self-care

Self Care mini Assessment: Do I take care of myself?

1 2 3 ★ **Social Self-Care**

Spend time with people who I like

Have stimulating conversations

Meet new people

Ask others for help, when needed

Overall social self-care

Self Care mini Assessment: Do I take care of myself?

1 2 3 ★ **Spiritual Self-Care**

Spend time in nature

Meditate

Recognize the things that give meaning to my life

Act in accordance with my morals and values

Overall spiritual self-care

Self Care mini Assessment: Do I take care of myself?

1 2 3 ★ Professional Self-Care

Improve my professional skills

Say "no" to excessive new responsibilities

Take on projects that are interesting or rewarding

Maintain balance between my professional and personal life

Overall professional self-care

100 Coping Skills

Self Care Ideas to Manage Emotions

1. Take a brisk walk
2. Watch a funny movie and laugh
3. Deep Breathing
4. Go outside
5. Play with your pet(s)
6. Take a short nap
7. Call a friend
8. Go for a run
9. Read a book
10. Prayer
11. Practice mindfulness
12. Write a letter
13. Go for a ride
14. Work out
15. Text a friend
16. Catch up on Netflix
17. Listen to music
18. Yoga
19. Meet a friend for coffee
20. Draw a picture
21. Take some quiet time
22. Read the Bible
23. Make a Gratitude list
24. Focus on something positive
25. Sit outside and listen to the sounds of birds, crickets, etc.
26. Count to 10 slowly
27. Say something nice to yourself
28. Search for funny memes
29. Talk to someone who inspires and encourages you
30. Think of a funny memory
31. Get plenty of rest
32. Eat a healthy snack
33. Set a goal and accomplish it
34. Encourage someone else
35. Do something nice for someone
36. Paint
37. Make a list of your positive traits
38. Doodle
39. Go Shopping
40. Journal
41. Turn up your music and dance around your room or house
42. Color
43. Work on a puzzle
44. Complete a Find a word puzzle
45. Play a board game with family/friends
46. Clean something
47. Meditate
48. Rip up paper
49. Write everything down that is causing you stress and shred it up
50. Plant a garden
51. Pick some flowers
52. Take pictures of something you love
53. Play with playdoh
54. Squeeze a stress ball
55. Blow bubbles
56. Play with kids
57. Play a sport
58. Go to the library
59. Paint your nails
60. Take a bubble bath
61. Read a magazine
62. Write a poem
63. Take a warm shower
64. Sip tea
65. Read inspirational quotes
66. Do a craft project
67. Have a cup of coffee
68. Watch funny YouTube videos
69. Bake cookies



Coping Skills

70. Write down your thoughts
71. Make a to-do list
72. Tell someone you love them
73. Organize something
74. Clean your room
75. Listen to relaxing music
76. Take a break
77. Work for 10 minutes then take a 10-minute break
78. Take a vacation day
79. Go to the zoo
80. Go to the animal shelter and pet animals
81. Go window shopping
82. Tell someone how you are feeling
83. See a movie
84. Enjoy a delicious dessert
85. Sit or lie down and focus on relaxing all your muscles
86. Read a story to a child
87. Go for a hike
88. Take a pottery class
89. Go for a swim
90. Go to a museum
91. Do cross-stitch
92. Visit with an elderly person
93. Make a cake for someone
94. Get some fresh air
95. Listen to a creek flowing
96. Go to the gym
97. Schedule time for yourself
98. Go on a date
99. Finish a project
100. Sew



Self-Soothing

A way to remember these skills is to think of soothing each of your **FIVE SENSES**.

With Vision:

- Look at the stars at night.
- Look at pictures you like in a book.
- Buy one beautiful flower.
- Make one space in a room pleasing to look at.
- Light a candle and watch the flame.
- Set a pretty place at the table using your best things.
- Go people-watching or window-shopping.
- Go to a museum or poster shop with beautiful art.
- Sit in the lobby of a beautiful old hotel.
- Look at nature around you.
- Walk in a pretty part of town.
- Watch a sunrise or a sunset.
- Go to a dance performance, or watch it on TV.
- Be mindful of each sight that passes in front of you.
- Take a walk in a park or a scenic hike.
- Browse through stores looking at things.
- Other: _____

With Hearing:

- Listen to soothing or invigorating music.
- Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling).
- Pay attention to the sounds of the city (traffic, horns, city music).
- Sing to your favorite songs.
- Hum a soothing tune.
- Learn to play an instrument.
- Burn a CD or make an iPod mix with music that will get you through tough times. Turn it on.
- Be mindful of any sounds that come your way, letting them go in one ear and out the other.
- Turn on the radio.
- Other: _____

With Smell:

- Use your favorite soap, shampoo, aftershave, cologne, or lotions, or try them on in the store.
- Burn incense or light a scented candle.
- Open a package of coffee and inhale the aroma.
- Put lemon oil on your furniture.
- Put potpourri or eucalyptus oil in a bowl in your room.
- Sit in a new car and breathe the aroma.
- Boil cinnamon. Make cookies, bread, or popcorn.
- Smell the roses.
- Walk in a wooded area and mindfully breathe in the fresh smells of nature.
- Open the window and smell the air.
- Other: _____

With Taste:

- Eat some of your favorite foods.
- Drink your favorite soothing drink, such as herbal tea, hot chocolate, a latté, or a smoothie.
- Treat yourself to a dessert.
- Eat macaroni and cheese or another favorite childhood food.
- Sample flavors in an ice cream store.
- Suck on a piece of peppermint candy.
- Chew your favorite gum.
- Get a little bit of a special food you don't usually spend the money on, such as fresh-squeezed orange juice or your favorite candy.
- Really taste the food you eat. Eat one thing mindfully.
- Other: _____

With Touch:

- Take a long hot bath or shower.
- Pet your dog or cat.
- Have a massage. Soak your feet.
- Put creamy lotion on your whole body.
- Put a cold compress on your forehead.
- Sink into a comfortable chair in your home.
- Put on a blouse or shirt that has a pleasant feel.
- Take a drive with the car windows rolled down.
- Run your hand along smooth wood or leather.
- Hug someone.
- Put clean sheets on the bed.
- Wrap up in a blanket.
- Notice touch that is soothing.
- Other: _____

Self-Care Skills

EMOTION REGULATION HANDOUT 20

(Emotion Regulation Worksheets 9, 14)



Taking Care of Your Mind by Taking Care of Your Body

Remember these as PLEASE skills.

P
L

1. Treat Physical Illness.

Take care of your body. See a doctor when necessary. Take prescribed medication.

E

2. Balance Eating.

Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.

A

3. Avoid Mood-Altering Substances.

Stay off illicit drugs, and use alcohol in moderation (if at all).

S

4. Balance Sleep.

Try to get 7–9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.

E

5. Get Exercise.

Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

From DBT Skills Training Handouts and Worksheets, Second Edition, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this handout is granted to purchasers of DBT Skills Training Handouts and Worksheets, Second Edition, and DBT Skills Training Manual, Second Edition, for personal use and use with individual clients only. (See page ii of this packet for details.)

Distracting

A way to remember these skills is the phrase “Wise Mind ACCEPTS.”

With Activities:

- Focus attention on a task you need to get done.
- Rent movies; watch TV.
- Clean a room in your house.
- Find an event to go to.
- Play computer games.
- Go walking. Exercise.
- Surf the Internet. Write e-mails.
- Play sports.
- Go out for a meal or eat a favorite food.
- Call or go out with a friend.
- Listen to your iPod; download music.
- Build something.
- Spend time with your children.
- Play cards.
- Read magazines, books, comics.
- Do crossword puzzles or Sudoku.
- Other: _____

With Contributing:

- Find volunteer work to do.
- Help a friend or family member.
- Surprise someone with something nice (a card, a favor, a hug).
- Give away things you don't need.
- Call or send an instant message encouraging someone or just saying hi.
- Make something nice for someone else.
- Do something thoughtful.
- Other: _____

With Comparisons:

- Compare how you are feeling now to a time when you felt different.
- Think about people coping the same as you or less well than you.
- Compare yourself to those less fortunate.
- Watch reality shows about others' troubles; read about disasters, others' suffering.
- Other: _____

With different Emotions:

- Read emotional books or stories, old letters.
- Watch emotional TV shows; go to emotional movies.
- Listen to emotional music.
- (Be sure the event creates different emotions.)*
- Other: _____

With Pushing away:

- Push the situation away by leaving it for a while.
- Leave the situation mentally.
- Build an imaginary wall between yourself and the situation.
- Block thoughts and images from your mind.
- Notice ruminating: Yell “No!”
- Refuse to think about the painful situations.
- Put the pain on a shelf. Box it up and put it away for a while.
- Deny the problem for the moment.
- Other: _____

With other Thoughts:

- Count to 10; count colors in a painting or poster or out the window; count anything.
- Repeat words to a song in your mind.
- Work puzzles.
- Watch TV or read.
- Other: _____

With other Sensations:

- Squeeze a rubber ball very hard.
- Listen to very loud music.
- Hold ice in your hand or mouth.
- Go out in the rain or snow.
- Take a hot or cold shower.
- Other: _____

From DBT Skills Training Handouts and Worksheets, Second Edition, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this handout is granted to purchasers of DBT Skills Training Handouts and Worksheets, Second Edition, and DBT Skills Training Manual, Second Edition, for personal use and use with individual clients only. (See page ii of this packet for details.)

How to Support Youth Child During the Application Process

How to Support Youth Child During the Application Process



Do's

- Help student find their passion by encouraging them to explore their interests and hobbies.
- Research career outcomes
- Set a schedule with deadlines
- Remember that the decision is ultimately the student's
- Focus on finding the right fit

How to Support Youth Child During the Application Process/HS



Don'ts

- Do not put pressure on the student to apply or pick a particular school
- Do not compare your child to others
- Do not do everything for your child

How to Support Youth Child During the Application Process/HS



How to find balance

One thing to remember about the college admissions process is that it is a team effort—students, parents, guardians, teachers, guidance counselors, and community organizations can all be players in the student's success.

Take the time to reflect on how far your child has come and make space to appreciate it.

Time Management and Procrastination



Time Management and Procrastination

- Start by identifying what is causing the procrastination (is the task hard, Will it take a long time, etc.) Then try these strategies
 - **Prioritize your task** and complete the most important or the quickest task first.
 - **Break large tasks into smaller pieces.**
 - **Let yourself be less than perfect.** Try to complete your task to an acceptable level and then go back to improve your work if you have time.
 - **Accept some discomfort when completing tasks.**
 - **Focus on the outcome of completing the task.** Ask yourself, how would your future self feel if you completed the task.
 - **Plan for breaks.**
 - **Create a calendar or checklist with due dates and reminders.**
 - **Develop plans for handling distractions.**
 - **Reward yourself for completing tasks.**
 - **Use tools that work for you.**
 - **Find support.**
 - **Plan time for fun and self-care activities.**

Resources



Who Can I Reach Out to for Help at My school?



Your school counselor



Your school social worker



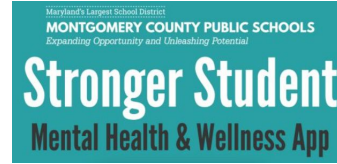
Your school College/Career Center Information Coordinator



Supporting and Promoting the Wellbeing of High School Students and Families

Your school's Bridge to Wellness Team

Who Can I Reach Out to for Mental Health Help in My Community?



MCPS Stronger Student App

- Suicide prevention hotline resource
- Mental health and physical health resources
- General resources



988 Suicide and Crisis Lifeline

- Hours: Available 24 hours.
- Languages: English, Spanish.



Sheppard Pratt Outpatient Mental Health Center

- Provide a wide variety of mental health services for people of all ages, all in one convenient location.



National Alliance on Mental Health

- NAMI MC assists callers on how to access the mental health system and provides information about mental health education, support, and recovery.
- (301) 949-5852

Free Phone Apps

Take a Break!



- Stress Relief
- 2 short meditations and nature sounds

MindShift



- Anxiety
- Teaches relaxation skills, help develop new ways of thinking, and suggest healthy activities.

BellyBio



- Deep breathing
- Monitors your breathing when you rest your device on your belly. It plays music, sounds reminiscent of ocean waves, and more while you relax

☀️ **SCAN THESE CODES
FOR TEEN HEALTH
RESOURCES** ☀️

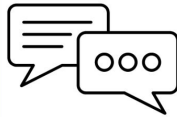


Teen Health



The Jed
Foundation

☀️ **TEXT, DOWNLOAD,
OR SCAN FOR WELLNESS
AND SUPPORT RESOURCES** ☀️



Crisis text line
text HOME to
741741



Download Virtual
Hope Box in app
store or google play



Headspace
for Teens

Q & A



Thanks!

