

Mental Health Plan

We have safety plans in the event of a fire, tornado, inclement weather so why not create a Mental Health Safety Plan.

According to the **Child Mind Institute 2016 Children's Mental Health Report**, mental health disorders are the most common health issues faced by our nation's school-aged children. A mental health safety plan can help families formulate coping strategies for situations that cause children and teens increased stress and anxiety, as well as identify potential red flags that signal a need to seek professional help.

About me:

Events that happen that cause me to get really angry, anxious, sad, or frustrated:

Warning signs that I am becoming overwhelmed with my feelings:

Things I can do when I have emotions such as sadness, anxiousness, anger, frustration, or feel overwhelmed

Things adults can do to help me when my emotions feel overwhelming:

Examples:

I don't like being touched when I am angry, just sit by me. I need people to talk slowly and quietly when I am anxious.

Positive Affirmations. Things I can say to myself or that others can say that help me feel better when I feel down:

With the permission of a parent or guardian, watch a YouTube guided meditation for kids or teens, like the following

[▶ 5 Minute Guided Meditation for Kids | Short Guided Mindfulness Meditation for Kids with Music](#)

[▶ 4-7-8 Breathing Exercise to alleviate Anxiety and Stress for Teens and Adults](#)

Meditations for mindfulness exercises that I find helpful and enjoy:

Adults I feel I can talk to:
