



Tuesday, September 10

Event Hosts:

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Activity: Inside Out

eluna

RESOURCE CENTER

	My Emotion	Feels Like	Sounds Like	A memory when I felt...
	Sadness			
	Disgust			
	Joy			
	Anger			
	Fear			
	Anxiety			
	Embarrassment			
	Envy			
	Ennui			

https://elunanetwork.org/assets/files/ERC_Activity_Inside_Out_1_and_2.pdf

Emotional Response and Management Exercise



Activity: Inside Out

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RESOURCE CENTER

**Slightly Modified by NACoA*

	My Emotion	Feels Like	What Can I Do?
	Sadness		
	Disgust		
	Joy		
	Anger		
	Fear		
	Anxiety		
	Embarrassment		
	Envy		
	Ennui		

WHAT IS EMOTIONAL SELF-REGULATION?



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EMOTIONAL SELF-REGULATION TOOLS



Fidget Toys

Affirmations

Sensory Stickers



Journal



Listening to Calming Music



Art

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EMOTIONAL SELF-REGULATION TOOLS



Mindfulness Breathing Yoga



Ice Cubes



Extremely Sour Candy

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HELPFUL APPS

kooth
ONLINE MENTAL
WELLBEING COMMUNITY

INSIGHT TIMER

ALATEEN

SMILING
MIND
DAILY MENTAL
HEALTH WORKOUT

MINDSHIFT CBT



ANXIETY RELIEF



MEDITATION AND
MINDFULNESS



TEEN PEER SUPPORT
WHEN IMPACTED BY
SOMEONE'S DRINKING



PEER SUPPORT

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An additional suggestion: Thisissand app (or <https://thisissand.com/>)

BALANCE IN LIFE IS THE GOAL

EXERCISE **SAFE ADULT**

UNSCHEDULED TIME **APPROPRIATE RESPONSIBILITY**

SLEEP PATTERNS

SUGAR **COPING SKILLS**

RISKY BEHAVIORS **TIME OUTSIDE**

EMOTIONAL BALANCE/CONTENTMENT **CAFFEINE**

SOCIAL MEDIA **FUN**

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We did not have a chance to review these slides, but they can be used for some additional discussion

BALANCE IS AT THE HEART OF WELL-BEING

RESILIENCE

EMOTIONAL WELLNESS

- the ability to experience an appropriate range of emotions
- successfully handle life's stresses and adapt to change in difficult situations

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RESOURCES FOR GETTING TOGETHER WITH OTHER TEENS



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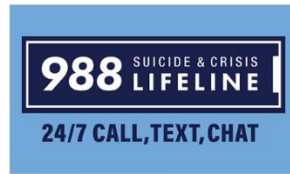
WHAT IS A SAFE PERSON?

DO YOU HAVE ONE?



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IF YOU OR SOMEONE YOU KNOW IS IN CRISIS



English and Spanish

You also have very supportive
Mental Health Crisis Response resources in your
community

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