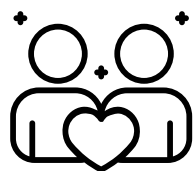


10-12th Grade Stress-Buster | Supportive Relationships



What is a supportive relationships? A supportive relationship is cultivating meaningful connections with friends, family, and potentially romantic partners based on empathy, open communication, and mutual support, while also understanding the dynamics of healthy and unhealthy relationships.

How do supportive relationships enhance my well-being? Supportive relationships foster emotional security, provide a buffer against stress, help you navigate complex social situations, and contribute to overall life satisfaction.

Choose from the following activities (or create your own!):

Activity 1: Red Flag/Green Flag

In your notes app or on a piece of paper, create 2 lists: List 3 Green Flags (must-haves for a healthy relationships) and 3 Red Flags (must-avoids). Choose 1 type of relationship and mentally check that relationship against your 6 flags. If you find a Red Flag, write an action step you could take for self-protection. Recognize that supportive relationships align with your values and practicing self-management means protecting those values.

Activity 2: Who Am I Following?

Prior to the activity, get a piece of paper, something to write with or open your notes app on your phone. Spend 5 minutes mindfully scrolling your main social media feed. Every time you see content that makes you feel less-than, jealous, or stressed, jot down the type of content. Every time you see content that makes you feel informed, supported, or inspired, jot down that type. Calculate your ratio: If you scrolled 20 posts, how many were supportive versus stressful? Unfollow or mute these accounts that regularly fall into the stressful category. Consider: How does the time I spend on social media impact my real-life relationships? What perspective about friendship am I learning from the content I consume? Remember, supportive relationship extends to the environment and content you choose to engage with. If you have a friend on social media that brings you joy, reach out thank them in a quick message or post.

Activity 3: Support System Venn Diagram

Draw 3 large, overlapping circles. Label the circles A: Family/Home Support, B: Friend/Peer Support, and C: School/Community Support. In the section for A Only, write needs met exclusively by family, and in B Only, write needs met only by friends. The C Only section should contain support from non-immediate family adults. Next, fill the overlaps: the A & B Overlap is for needs met by both family and friends; the A & C Overlap lists people or support rooted in both home life and the community; and the B & C Overlap includes supportive connections from shared activities or peer-mentor dynamics. Finally, in the center overlap (A, B, and C), consider who in groups A and C could step in to meet needs if you felt isolated from your friends (B). We all have diverse support systems and that is key to building resilience!

Activity 4: What is the Subtext?

Search "Ross is Fine" on YouTube Shorts or click [here](#) to watch a clip from a TV show *Friends*, paying attention to how the character Ross is clearly hiding how he really feels. On the first watch, pay attention to or write down what the characters say. On the second watch, pay attention to or write down what you think the characters might be feeling (body language, tone, eye contact). Think about if you were a supportive friend to Ross, what question would you ask to encourage honesty? Supportive relationships require us to look beyond the surface and be brave enough to address the subtext (hidden feelings).

Activity 5: Conflict Reset

Think of a recent, high-risk conflict and identify the goal: Do you want to fix the relationship, or simply communicate your feelings and move on? Write a script focusing on emotional regulation and resolution. STEP 1: Pause. What is the first thing you need to do before speaking? STEP 2: The Statement. Write your opening line, using a calm I-Statement to express your feelings without blaming. STEP 3: The Request/Solution. Write the specific, supportive outcomes you need. Remember, supportive relationships require strong communication strategies to build resilience and bounce back from inevitable conflicts.

10-12th Stress-Buster | Balanced Nutrition



What is balanced nutrition? Balanced nutrition is developing a balanced eating pattern that provides essential nutrients for optimal physical and cognitive function. It's understanding the link between nutrition and mental health.

How does balanced nutrition enhance my well-being? Balanced nutrition fuels academic performance, supports emotional stability, maintains physical health, and contributes to long-term wellbeing.

Choose from the following activities (or create your own!):

Activity 1: Healthy Habits Audit

True well-being often comes from systems and routines, not just willpower. Instead of attempting a massive diet overhaul, focus on managing your environment. Identify just 1 time this week when your eating or hydration choices felt chaotic or stressful—perhaps skipping lunch. Then, design a tiny, actionable system fix that involves minimal effort. This might be placing a protein bar and a water bottle in your work bag every Sunday night, or stacking healthy snacks where you spend most of your free time. The goal is to design your environment to support better choices automatically, removing the need for a stressful, last-minute decision. Once you make this change and notice energy saved, how might you spend that extra energy on something else?

Activity 2: Food Justice & Access Map

Nutrition access is tied to community equity. Take a moment to reflect on the area immediately surrounding your school or home. Without needing an online map tool, consider the approximate ratio of places to buy fresh, whole foods (like grocery stores or farmers' markets) versus fast-food restaurants or places that primarily offer processed options. How does the density of options likely influence the food decisions of busy people, including your faculty and staff, in that area? Understanding this environmental impact is the first step toward advocating for a healthier food landscape in your community.

Activity 3: Future Me Meal Plan

Learning to feed yourself well and affordably is a key life skill. For a quick exercise in resource management, imagine you have only \$20 left for the next three days of meals. What is one affordable, foundational food (like a bag of rice, a carton of eggs, or a large can of beans) would you choose to buy to ensure you have calories and nutrients? Next, identify one nutritional trade-off you can make to stay within a tight budget, such as choosing frozen vegetables over fresh because they are cheaper and last longer. How might this practice build your conscious, sustainable food budgeting skills?

Activity 4: Defusing the Quick Fix

The digital age exposes us to constant wellness marketing, often filled with scams. Protect your emotional and financial health by learning to recognize these traps. Recall a recent post or ad you encountered that promised a rapid, dramatic change or claimed to have the "one secret" or "miracle cure." To counteract this unrealistic pressure, write a single personal mantra to defuse that message. For example, your mantra might be: My body is complex and deserves steady, consistent care, not quick fixes. Share your mantra and keep it visible. Could this help you filter out harmful or unsustainable wellness noise?

Activity 5: Ingredient Exploration Experiment

Simple food preparation can be fun, experimental, and satisfying. Think about a simple meal you eat often—like scrambled eggs, a salad, or oatmeal. What is one simple contrasting ingredient you could add to make that meal taste better or more interesting? This contrasting element could be a squeeze of lemon juice, a pinch of salt, a dash of hot sauce, or a sprinkle of herbs. Reflect on how this tiny addition alters the flavor profile. This exercise encourages you to use food preparation as a small, mindful act of self-care and enjoyment, rather than just routine fueling. Discuss with others how they spice up their life and enhance basic, healthy meals.

10-12th Grade Stress-Buster | Quality Sleep



What is a quality sleep? Quality sleep means prioritizing sleep despite academic pressures and social activities. It's recognizing the long-term effects of sleep deprivation on mental and physical health and developing healthy sleep habits.

How does quality sleep enhance my well-being? Quality sleep enhances learning, memory consolidation, mood stability, and reduces the risk of mental health issues and physical health problems.

Choose from the following activities (or create your own!):

Activity 1: Chronotype Compass:

Visit psychologytoday.com/us/tests/health/chronotype-test or click [here](#) to take the 3 minute Chronotype Quiz. Based on your score, read the "What to Know" section and set a sleep goal based on 1 piece of advice from that section. What else have you noticed about your sleep that this quiz brought up? Talk with friends or adults about how they prioritize sleep and share your goal, discuss how you could support each other in meeting your sleep goals.

Activity 2: Sleep Budget vs. The Calendar

The body requires 8-10 hours of sleep nightly and that time can be budgeted like homework and social time. Create a perfect day of sleep on your calendar app by following these 4 steps: 1) Determine your required 9 hours of sleep. Subtract that from 24 hours. This is how long you are awake. 2) Block out all non-negotiable times (school, work, practice) on the calendar. 3) Block in 9 hours of sleep. 4) Schedule when you will do the rest (homework, sports, social time, scrolling) with the remaining hours. Commit to this schedule, even just for a few days and think of a single, specific adjustment you can commit to making a habit.

Activity 3: Blue Light Filter Challenge

Blue light, commonly emitted by screens and the sun, suppresses the production of the sleep hormone melatonin because the brain interprets it as a signal that it is still daytime. Luckily, our devices can help us filter our light exposure emitted from our devices. Set a blue light filter to automatically turn on 2 hours before your planned bedtime to allow the melatonin release process to start. Then, commit to using the dimmest comfortable setting for all devices in the last 2 hours before bed. Pay attention to your screen time habits at night and how these minor adjustments impact how your eyes feel and how your sleep is affected each night.

Activity 4: The Cognitive Dump & Switch

The brain is naturally active at night, especially when stressed. Put this 3 part Pre-Sleep Ritual outside of your bedroom to the test to see if you can train your brain to manage racing thoughts and anxiety that prevents quality sleep: 1) Take 5 minutes to write down all worries, to-do lists, arguments, or ideas from the day. 2) Immediately switch to a 5 minute non-stressful, short writing task like making a list of what you are grateful for or some positive goals for the next day. 3) Close your notebook or notes app and mentally affirm "My thoughts are parked and will be here in the morning if I need them back." Commit to keeping the bedroom for calming activities only, not thinking, studying, or worrying and compare how you feel when you do so.

Activity 5: The Napping ROI

Return on Investment: A power nap is defined as a nap that lasts less than 30 minutes and can boost mood, focus, and productivity. Longer naps are 90+ minutes and considered a complete sleep cycle and makes it more likely to experience nighttime insomnia. On a sheet of paper or digitally create a Nap Decision Flowchart using the following prompts: 1) Did I get <7 hours of sleep last night (YES/NO)? 2) Is it before 3pm? (YES/NO)? 3) Can I limit it to 20-30 minutes (YES/NO)? If YES to all 3, the nap is a good investment, go to #4. If NO to any, the nap is poor investment so try natural light exposure or movement instead. 4) Set a 20 minute timer and take a nap in a cool, dark, and quiet space.

10-12th Grade Stress-Buster | Mindfulness Practices



What is a mindfulness practice? Mindfulness practice is developing a consistent practice of present moment awareness through techniques like meditation, mindful breathing, or mindful movement. Mindfulness can counteract the effects of stress and improve mental clarity.

How do mindfulness practices enhance my well-being? Mindfulness practices can reduce symptoms of anxiety and depression, improve concentration and memory, enhance self-awareness, promote emotional resilience, and contribute to overall mental wellbeing.

Choose from the following activities (or create your own!):

Activity 1: Mindful Moment Power-Up

Mindfulness is a way to focus on what is happening right now. You can practice some easy ways to be mindful, like breathing exercises and simple movements. This can help you feel calmer and think more clearly. Learn about mindfulness by searching for mindful moment tools from the following YouTube channels: [Insight Timer](#), [Headspace](#), or [SmilingMindTV](#). If you come across a helpful video, share it with a friend or family member.

Activity 2: Digital Mandala

Create and design your own digital mandala. Creating a mandala aids mindfulness by focusing the mind on the present moment through repetitive, symmetrical patterns. This can help reduce stress and anxiety. The activity encourages focused attention and a sense of calm. Search YouTube for "Deliberately Creative Mandala" or click [here](#) to view a tutorial to help you get started. Alternatively, visit mandalagaba.com or click [here](#) to create your own design.

Activity 3: The Sensory Snapshot: Building My Calm Collection

Using your phone or digital device, take a photo of 5 things you can see (noticing small details you might normally overlook, like a specific pattern on the floor or a crack in the wall), 4 things you can touch/feel (like the fabric of your clothing or the bark of a tree), 3 things you can hear (listening carefully for sounds you might usually tune out and taking a video to capture the sound), 2 things you can smell (like a scented candle or the fresh air), and 1 thing you can taste (like a sip of water or a mint). Open your photos and title an album "My Calm Collection." Add to it when you come across other people, places, or things that make you feel calm. Think about times when revisiting these photos might enhance your well-being.

Activity 4: Mindful Munch: The 4-Minute Food Discovery

Find a small snack (like chocolate, a raisin, or a piece of fruit). For 4 full minutes, examine it without eating it. Look at every texture, color, and shadow. Touch and really feel the texture and temperature. Smell it and label every aroma you notice, as if you are encountering this food item for the first time. Take a small bite, place it on your tongue, but don't chew yet. Let it sit for 30 seconds and pay attention to your thoughts and sensations. Slowly chew it and notice how the flavor changes while thinking about all the people and natural elements that were involved in getting this food to your mouth. What was this experience like for you? What did you discover that you normally miss? Report your discovery to a parent or friend to make that extra connection with others, or better yet, do it again with them!

Activity 5: The 4-7-8 Breathing Technique

Find a comfortable place to sit or lie down and close your eyes. Start by exhaling all the air out of your lungs with a "whoosh" sound. Close your mouth and inhale quietly through your nose for a count of 4. Hold your breath for a count of 7. Exhale completely through your mouth again, making the "whoosh" sound for a count of 8. Repeat the cycle 3 more times for a total of 4 mindful breaths. Think about when this type of breathing might benefit you most (like during a high stakes test or after a conflict). How could intentional breath support your well-being?

10-12th Grade Stress-Buster | Physical Activity



What is physical activity? Physical activity is moving our body in a variety of ways like running, playing sports, dancing, walking, as well as strength training. Incorporating consistent physical activity into daily routines despite busy schedules has a positive impact on our mental and physical health!

How does physical activity enhance my well-being? Regular physical activity reduces the risk of chronic diseases, improves mental health, enhances cognitive function, strengthens muscles and bones, boosts energy levels, and promotes a positive self-image.

Choose from the following activities (or create your own!):

Activity 1: Tense & Release Stress Check

Sit or lie down comfortably and close your eyes. Take 3 slow, deep breaths, noticing how your body feels right now. Starting with your feet, clench the muscles as tightly as you safely can for a count of 5, then release the tension. Notice the difference between tension and relaxation. Move up the body, clenching your calves, and releasing; tightening your fists and arms, then relaxing; squeeze your shoulders to your ears, then drop them; and tighten every muscle in your face and jaw, then relax. Do a full body shake out for 30 seconds, then be totally still for 1 minute, focusing on the heavy, relaxed feeling of your body touching the ground. What part of your body was holding a surprising amount of tension? How does identifying that spot help you manage stress later?

Activity 2: Functional Backpack Flow

Before the activity, fill your backpack with 3-5 items (like books or water bottles) to create a manageable, balanced weight. Take 2 minutes to warm up with marching in place or doing jumping jacks. Perform the following exercises for 45 seconds each, and rest for 15 seconds between moves. Complete 2 rounds: 1) Backpack Squat: Holding the backpack at your chest, squat down like you are sitting down in a chair, and keep your chest up. 2) Overhead Carry: Hold the backpack straight overhead and walk slowly for 45 seconds, keeping your core tight and stable. 3) Backpack Row: Stand tall, hinge at your hips, holding the backpack in 1 hand. Pull the backpack up toward your chest, squeezing your shoulder blades, and repeat on the other arm. Take 3 minutes to cool down by touching your toes and taking deep breaths. How did holding the backpack shift the focus from “working out” to “moving and stabilizing”? How can you apply this functional strength to carrying books or groceries?

Activity 3: Movement Menu

Check in with your body and think about what kind of movement would be best for you in this moment: 1) Grounding: Slow, powerful steps or deep wall push-ups. 2) Stretching: Deep, sustained stretching, like touching your toes or reaching overhead. 3) Releasing Energy: Fast, light foot shuffles or shadow boxing. 4) Silly/Joyful: Dance to your favorite song or move like a specific animal. When you choose a movement based on how you feel, instead of what you “should” do, did that make the activity feel more helpful or less stressful?

Activity 4: Found Object Agility Drill

Before the activity, find 3 items (like 3 shoes or 3 cans of food) and place them on the floor in a straight line, about 2 feet apart. Run the following drills for 45 seconds, followed by 15 seconds of rest. Drill 1) Run from Zone 1 to 4, then backpedal in reverse. Drill 2) Weave side-to-side around the objects. Drill 3) Jump diagonally from Zone 1 to 3, then 4 to 2, continuing the pattern. Repeat the drills a second time. Take 3 minutes to cool down with slow walking or deep stretches. Which drill required the most focus from your brain? Did that focused movement help clear your mind of other thoughts?

Activity 5: Micro-Burst Habit Stacking

Identify 3 things you do multiple times a day without thinking (like sending a text or opening the fridge). This is an anchor. Choose 1 of a micro-burst (or create your own) and link it to 1 of your anchors. For example: Anchor: Open the fridge; Micro-Burst: Do 5 calf raises or Anchor: Send a text; Micro-Burst: Do 3 deep shoulder rolls. Commit to practicing your new stacked habit for at least a week. How does connecting movement to an existing habit make the activity feel less like a chore and more like an automatic part of your day?