## About Self-Harm - Level 3 Student Activity Guide

e. None of the above



Thi	ink About It:	
1. W	hat can be stressful for teens your age?	
2. Ho	ow do you usually cope with stress?	
	Brain Quiz!	
	Didili Volz.	
1. T	The top five stressors for teens include all of the	3. The stress hormone is
	following EXCEPT:	
а	a. Cartoons	<ol><li>Feeling overwhelmed and changing the</li></ol>
	o. Family Problems	way we feel by avoiding the stress is called
	c. School Issues	·
	d. Body Image	a. Anxiety
	e. Friends	b. Self-Compassion
f.	Romantic Relationships	c. Active Coping
_		d. Avoidant Coping
	The is a part of the brain that is	i e
	constantly searching the environment for things that	<ol><li>Facing problems and finding solutions, even</li></ol>
V	we perceive as stressful.	when it is difficult and doesn't feel good is called
a	a. Brainstem	·
b	o. Pre-Frontal Cortex	a. Anxiety
C	c. Occipital Lobe	b. Self-Compassion
С	d. Amygdala	c. Active Coping

d. Avoidant Coping

## **Activity #1** Write About It:

Journal: What keeps you motivated to keep going even when times get tough? What helps you to cope with negative emotions? What will be your "go-to" coping strategies? Why? Examples of Coping strategies:

- Journal. (Don't worry about spelling, punctuation, or what makes sense. Just Write)
- Draw. (Don't worry about what your drawing looks like or making mistakes. Just Draw)
- · Listen to soothing music.
- Meditate on positive quotes/messages.
- Pray
- Do something kind for someone else. (Help a sibling with homework, play with a sibling, help a caregiver with a chore)
- Go for a walk/run outside. (Being in nature can help)

Exercise or do something active.				

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People often use negative coping behaviors like self-harm when they do not have positive coping skills.
Brainstorm positive coping skills. Pick your top 5 coping skills from the brainstormed list and use paper and
markers or pens to create artwork that illustrates your top 5 coping skills.

## **Activity #3** Extended Learning:

	timism, positive attitude,	self-love, faith, hop	e etc.) Write down yo	ur favorites (5-10) and	
I them often.					