**Tasks:**

Each item below counts as one task!

| **Task** |
| --- |
| Journal (not sure where to start? Try an app like “DiveThru: Guided Journaling” or try [these prompts](https://www.creativeresiliencecounseling.com/50-therapeutic-journal-prompts-teens-and-adults/)) |
| Cook or bake a nourishing meal |
| Organize your room/ closet/ or bathroom  |
| Share on social media either a mental health related post, or your involvement in the mental health challenge! #yumcmentalwellness for credit!  |
| [Write a letter to yourself](https://drive.google.com/file/d/1IY4-AvFMgFpRZ5qgxhYLltP19uZiITHu/view?usp=sharing) (prompt included in the resource folder) |
| Make a self care checklist for your home, using the “[Create Your Own Day At Home](https://drive.google.com/file/d/1vgwRDJpl84_PU0jsbpCKB5jLiID0522P/view?usp=sharing)” template (included in the resource folder) |
| Explore healthy boundaries using the “[Create Healthy Boundaries To Protect Your Peace](https://drive.google.com/file/d/1GL9wZwPxz1TrTAeeYb1J7-lP63lYWsoS/view?usp=sharing)” worksheet (included in the resource folder) |
| Participate in physical exercise for 30 minutes |
| Get 8 hours of sleep |
| Attend Youth Group (in person or online) |
| Attend other faith based small group or activity that provides you connection with supportive group |
| Attend worship (in person or online) |
| Go 12 (awake) hours without your phone |
| Play a game with family members |
| Do something creative |
| Make a bucket list |
| Listen to a playlist of songs that promote positivity in your life |
| Unfollow social media that leads to negativity, anxiety, stress or comparison |
| Invest in a candle, essential oil diffuser or glade plug-in with a relaxing smell. Lavender, frankincense, & orange essential oils calm/strengthen the brain.  |
| Check in with a friend or family member (phone call or in person): choose someone who is a positive, stress-reducing influence in your life |
| Have something else you want to add to your task list? Text us and we’ll let you know if it counts!  |

**Podcasts:**

Each podcast episode you listen to counts as one task!

| **Name** | **About** | **Our Favorite Episodes** |
| --- | --- | --- |
| [Out of the Dark with Mandisa & Laura Williams](https://www.accessmore.com/pd/Out-of-the-Dark-with-Mandisa--Laura-Williams) | Out of the Dark is a podcast about mental health in the body of Christ. As followers of Jesus, people are sometimes led to believe that if we struggle with anxiety, depression, addiction, identity, or the many other areas of our mental health that we are less of a Christian or are just not praying enough. As members of the body of Christ, Mandisa and Laura will tackle the idea that, while Jesus IS enough, a relationship with a counselor can help heal wounds that will enhance your relationship with Jesus. They will cover specific topics related to mental health and offer resources to listeners to enhance your journey of personal growth. We can't do it alone; we need to step out of the dark of shame and guilt and into the light of recovery and redemption. |  |
| [The High Note with Tauren Wells](https://www.accessmore.com/pd/The-High-Note-with-Tauren-Wells) | Life is a song, and GRAMMY®-nominated and Dove Award winning artist Tauren Wells is gonna show you how to hit the high notes with your faith. These are real issues, in a real word, about a real God, for real people...and you're REALLY gonna enjoy it. So, come along and get ready to hit The High Note. | Episode 3: [Grace, Jordan, and Grade Anxiety](https://www.accessmore.com/episode/Ep-3-Grace-Jordan-and-Grade-Anxiety)Episode 5: [The Show Is Over](https://www.accessmore.com/episode/Ep-5-The-Show-Is-Over)Episode 9: [Start the Journey: Progress, Momentum & Never Giving Up](https://www.accessmore.com/episode/Ep-9-Start-the-Journey-Progress-Momentum--Never-Giving-Up) |
| Unlocking Us with Brené Brown  | Conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart. | [Brené on Anxiety, Calm + Over/Under-Functioning](https://brenebrown.com/podcast/brene-on-anxiety-calm-over-under-functioning/)[Brené with Bishop Michael Curry on Love & Hope in Troubling Times](https://brenebrown.com/podcast/brene-with-bishop-michael-curry-on-love-hope-in-troubling-times/)[Dr. Marc Brackett and Brené on “Permission to Feel”](https://brenebrown.com/podcast/dr-marc-brackett-and-brene-on-permission-to-feel/)[Dr. Vivek Murthy and Brené on Loneliness and Connection](https://brenebrown.com/podcast/dr-vivek-murthy-and-brene-on-loneliness-and-connection/)[Alicia Keys and Brené on “More Myself”](https://brenebrown.com/podcast/alicia-keys-and-brene-on-more-myself/) |
| She Persisted with Sadie Sutton  | After receiving a year and a half of intensive treatment for severe depression and anxiety, 17-year-old Sadie recounts her journey by interviewing family members, doctors, therapists, and friends to offer self-improvement tips, DBT education, and personal experiences. Created for anyone struggling or interested in mental health, She Persisted is the reminder that someone else has been there too and your inspiration to live your life worth living.  | [#15 - How do you support a friend struggling with anxiety and depression](https://www.shepersistedpodcast.com/listen/episode/2d4ab569/15-how-do-you-support-a-friend-struggling-with-depression-and-anxiety-while-maintaining-your-own-mental-health) [#30 - Gratitude](https://www.shepersistedpodcast.com/listen/episode/1b078067/30-gratitude-feat-jill-nowak-licsw-from-3east-mclean-hospital) [#34 - The benefits of nature, adventure, and connection](https://www.shepersistedpodcast.com/listen/episode/4afb08ea/34-the-benefits-of-nature-adventure-and-connection-feat-brittany-crane-founder-of-get-out-there-girl)  |
| [Teenager Therapy](https://teenagertherapypodcast.com/) | Five stressed, sleep deprived, yet energetic teens sit down and talk about the struggles that come with being a teenager. Is high school really as bad as everyone says? |  |
| [MentalMusic](https://soundcloud.com/mentalmusicpod) | MentalMusic Podcast is a music-based podcast for teens, by teens, focusing on teenage mental health related issues. | Season 1, Episode 2: Choosing Happiness, ft. Ms. YoungSeason 2, Episode 2: Everyday Impacts |
|  |  |  |

**Documentaries:**

Each documentary you watch counts as one task!

| **Name** | **About** |
| --- | --- |
| [The Mask You Live In](https://www.amazon.com/Mask-You-Live-Ashanti-Branch/dp/B01BXL0J6E)   | The Mask You Live Infollows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.Available on Prime Video and recommended for senior high only (there are some strong language scenes – see the [Common Sense Media](https://www.commonsensemedia.org/movie-reviews/the-mask-you-live-in?gate=1) review to see if it’s for your family). We even would encourage watching with a parent! |
| [The Social Dilemma](https://www.netflix.com/title/81254224) | The Social Dilemma focuses on how big socialmedia companies manipulate users by using algorithms that encourage addiction to their platforms. If you have already seen this is school, this does not count! Available on Netflix, recommended for senior high - see the [Common Sense Media](https://www.commonsensemedia.org/movie-reviews/the-social-dilemma?gate=1) review to see if it’s for your family.  |

**TED Talks:**

Each TED talk you watch counts as one task!

| **Name** | **About** |
| --- | --- |
| [The courage to live with radical uncertainty by Shekinah Elmore](https://www.ted.com/talks/shekinah_elmore_the_courage_to_live_with_radical_uncertainty?language=en)  | When your future is uncertain, how do you keep moving forward? In this courageous talk, oncologist and cancer survivor Shekinah Elmore shares how she embraced life after a rare genetic diagnosis -- and explains why she believes doctors have a duty to help their patients learn to live with radical uncertainty. |
| [Why students should have mental health days by Laurel Braitman](https://www.ted.com/talks/laurel_braitman_the_mental_health_benefits_of_storytelling_for_health_care_workers/transcript?language=en)  | School can be rife with stress, anxiety, panic attacks and even burnout -- but there's often no formal policy for students who need to prioritize their well-being. Hailey Hardcastle explains why schools should offer mental health days and allow students time to practice emotional hygiene without stigma. Follow along to learn how she and a team of fellow teens transformed their advocacy into law. |
| [Why we should all try therapy by Emily Anhalt](https://www.ted.com/talks/emily_anhalt_why_we_should_all_try_therapy)  | We tend to think of therapy as an approach to fixing problems — you go if you're not happy, not when everything seems fine. Clinical psychologist Emily Anhalt shares her experiences as both therapist and patient to make a compelling case that therapy isn't just a means to an end. "It'll drastically increase the depth and authenticity of your happiness," she says. "Making the necessary space for every feeling that lives in between." |
| [Our dangerous obsession with perfectionism is getting worse by Thomas Curran](https://www.ted.com/talks/thomas_curran_our_dangerous_obsession_with_perfectionism_is_getting_worse)  | Social psychologist Thomas Curran explores how the pressure to be perfect -- in our social media feeds, in school, at work -- is driving a rise in mental illness, especially among young people. Learn more about the causes of this phenomenon and how we can create a culture that celebrates the joys of imperfection. |
| [We don’t “move on” from grief. We move forward by Nora McInerny](https://www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it?language=en)  | In a talk that's by turns heartbreaking and hilarious, writer and podcaster Nora McInerny shares her hard-earned wisdom about life and death. Her candid approach to something that will, let's face it, affect us all, is as liberating as it is gut-wrenching. Most powerfully, she encourages us to shift how we approach grief. "A grieving person is going to laugh again and smile again," she says. "They're going to move forward. But that doesn't mean that they've moved on.” |

**Mental Health Screening Assessment:**

| **Website** | **Description** |
| --- | --- |
| <https://screening.mhanational.org/screening-tools/youth> | Take this brief screening (10 minutes or less) to get a score  |

**Interview a Family Member About Mental Health:**

| **Questions** |
| --- |
| 1. What is our family’s history with mental health?
2. How comfortable would you say our family is talking about mental health?
3. What things do you do to take care of your mental health?
4. If you could pass along one lesson to me about mental health, what would you want me to know?
5. (Add your own questions here!)
 |

**Yoga and Meditation Videos and Resources:**

Each yoga and meditation session count as one trackable item!

| **Name** | **Our Favorite Episodes** |
| --- | --- |
| Yoga with Adriene | * [Yoga for Stress and Anxiety](https://www.youtube.com/watch?v=hJbRpHZr_d0)
* [Yoga for Self-Doubt](https://www.youtube.com/watch?v=9jqQ2PrFAeQ)
* [Meditation for Mental Balance and Grounding](https://www.youtube.com/watch?v=x0nZ1ZLephQ)
* [Gentle, Relaxing, Cozy Flow](https://www.youtube.com/watch?v=jHZPtn15agE)
 |
| Body Positive Yoga | * [Sun Salutations](https://www.youtube.com/watch?v=IE1cz0WSZpQ)
* [Restorative Yoga Practice](https://www.youtube.com/watch?v=dhSmgDeZo3o)
 |
| Yoga with Tim | * [Yoga at Your Desk](https://www.youtube.com/watch?v=HIlfzR6F2E4)
* [Yoga for Bedtime](https://www.youtube.com/watch?v=c-dDo9o_MTI)
* [Relax and Restore](https://www.youtube.com/watch?v=sSt6daX5Rsg)
 |
| Meditation  | * The Calm App
* Headspace App
* Stop, Think, & Breathe App
* Aura App
* Balance - Meditation & Sleep App
* Countless youtube meditation videos (3, 5 and 10 minute options!)
 |
| Alpha Waves | Listen to alpha waves app for 5 minutes. Alpha waves are calm brain waves. By listening to them your brain “mimics” what it hears, and your brain produces more alpha waves and you feel calmer. This is a great thing to do right before bed!  |

**Books:**

Each 3 chapters counts as a trackable item! (if cost prohibitive – check the library or ask for book scholarship)

| **Name + Author**  | **Description**  |
| --- | --- |
| [*Are u ok?: A Guide to Caring for Your Mental Health* by Kati Morton](https://bookshop.org/books/are-u-ok-a-guide-to-caring-for-your-mental-health/9780738234991) | Licensed family therapist Kati Morton’s book is one of the most useful and accessible on this list. This book is laid out in a Q&A format with a friendly tone that doesn’t judge or look down on anyone seeking help. It leads readers through the most common questions about mental health topics and the process involved with getting help. The down-to-earth writing even helps to destigmatize the struggles that many people go through.  |
| [*Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches* by Rae Earl](https://bookshop.org/books/your-brain-needs-a-hug-life-love-mental-health-and-sandwiches/9781250307859) | The author of this book dealt with anxiety, an eating disorder, and OCD while she was a teenager. In this book, she shares coping strategies, funny moments to get others through difficult days, and frank, friendly advice. The style of the book is written like someone who has “been there.” Readers feel like they are being talked to in an honest yet funny way. It is a great pick for those who need a mental health pick-me-up. |
| [*Mindfulness and Meditation: Handling Life with a Calm and Focused Mind* by Whitney Stewart](https://bookshop.org/books/mindfulness-and-meditation-9781541540217/9781541540217) | Stress, anxiety, and depression can begin to get hardcore the teen years for the most part. Adulthood is better if good habits are developed for handling mental health as a teen. This book seeks to teach practical skills. Specifically, it looks into examining emotions, keeping a tab on social media habits, wellness routines, and managing stress levels. The writing uses a lens of the teen experience to frame things – making it very useful for day-to-day mental health support. |
| [*Brainstorm* by Dan Siegel](https://bookshop.org/books/brainstorm-the-power-and-purpose-of-the-teenage-brain-9781585429356/9780399168833)  | In *Brainstorm*, Siegel illuminates how brain development impacts teenagers’ behavior and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children’s lives less lonely and distressing on both sides of the generational divide. |
| [*Mindset* by Carol Dweck](https://bookshop.org/books/mindset-the-new-psychology-of-success/9780345472328)  | After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a *fixed mindset*—those who believe that abilities are fixed—are less likely to flourish than those with a *growth mindset*—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. |

**Articles:**

Reading two articles counts as a trackable item!

| **Title** | **Source** |
| --- | --- |
| A New Sign That Teens Know They Aren’t Struggling Alone *The Atlantic* | <https://www.theatlantic.com/health/archive/2019/02/teen-mental-health-worries/583531/> |
| Restorative circles, online wellness rooms and grief training: How schools are preparing for the coronavirus mental health crisis*The Washington Post*  | <https://www.washingtonpost.com/local/education/restorative-circles-online-wellness-rooms-and-grief-training-how-schools-are-preparing-for-the-coronavirus-mental-health-crisis/2020/08/20/945f93ee-e305-11ea-b69b-64f7b0477ed4_story.html> |
| Young Adults Report Rising Levels of Anxiety and Depression in Pandemic*The New York Times* | <https://www.nytimes.com/2020/08/13/health/Covid-mental-health-anxiety.html> |
| Preventing Suicide: Learn the signs, the facts, and how you can help prevent suicide.*The Trevor Project*  | <https://www.thetrevorproject.org/resources/preventing-suicide/> |
| Self-Care Tips for Teens*Brittani Persha Counseling* | <https://brittanipershacounseling.com/self-care-tips-for-teens/> |
| 10 Things Every Teen Should Know About Dealing with a Mental Health Issue*Discovery Mood & Anxiety Program Blog* | <https://discoverymood.com/blog/10-tips-teen-dealing-with-a-mental-health/> |
| Teen Depression: Why It’s Increasing and What Parents Need to Know*eCounseling Blog* | <https://www.e-counseling.com/depression/teen-depression-increasing/> |

**Mental Health Tracker:**

Filling out for a week counts as one trackable item!

|  | **Description**  |
| --- | --- |
| [Mood Tracker](https://drive.google.com/file/d/18HT7NorZx-OKu6-H3CeuxeF3T5U3Xgwe/view?usp=sharing) | Create a mood tracker to pay attention to how you are feeling overall, day in and day out. An example is in the resource folder  |
| [Daily Self Care Activities Checklist](https://drive.google.com/file/d/1PIY6u0AdRoiNDjlpkEM71fy6nbSkdFWf/view?usp=sharing)  | Use this weekly tracker to pay attention to how much you are taking care of yourself! Available in the resource folder |

**Instagram Therapists:**

Follow as many therapists as you like. Follow all of them! Regardless of number, this counts as one trackable item.

| **Instagram Handles** | **Description**  |
| --- | --- |
| [@Minaa\_b](https://www.instagram.com/minaa_b) | Mina B is a female, African American, licensed therapist. Her page is full of amazing checklists, check-ins and words of advice.  |
| [@morganharpernichols](https://www.instagram.com/morganharpernichols) | MHN is an artist who is famous for quotes and questions written over beautiful art. Save some of her images for your phone background!  |
| [@millenneal.therapist](https://www.instagram.com/millennial.therapist) | Every checklist and note to self that you didn’t know you needed.  |
| [@teenagertherapy](https://www.instagram.com/teenagertherapy) | Five stressed, sleep deprived, yet energetic teens sit down and talk about the struggles that come with being a teenager. Is high school really as bad as everyone says? |
| [@advocating.mentalhealth](https://www.instagram.com/advocating.mentalhealth) | Mental health advice, information and statistics |
| [@selfcareisforeveryone](https://www.instagram.com/selfcareisforeveryone) | A space that honors the importance of choosing self-care over self-harm. |
| [@journey\_to\_wellness\_](https://www.instagram.com/journey_to_wellness_) | A counselor, mindfulness coach, author & illustrator from New Zealand who is passionate about smashing mental health stigma. |
| [@beloved\_arise](https://www.instagram.com/beloved_arise) | Beloved\_Arise partners with The Christian Closet to launch a mental health wellness program for queer youth of faith |

**Go To Therapy/ Set Up Therapy:**

Each therapy session counts as a trackable item! Don’t have a therapist but want one? Here’s something you can do to help set it up!

| **Website** | **Description** |
| --- | --- |
| <https://www.psychologytoday.com/us> | This website will let you search for a therapist in your zipcode, by gender, within your insurance, and with specific specialities (like specialist in anxiety, queer affirming, etc.) |
| [The Christian Closet](https://www.thechristiancloset.com/) | The first fully LGBTQ team of counselors and coaches, providing 100% online mental and spiritual health services. |