

# MENTAL HEALTH AND ME

SUMMER 2023

Make mental health a priority during your summer break!

## KEEP YOUR MENTAL HEALTH AFLOAT THIS SUMMER!

- Create a personalized [Emotions Wheel.pdf](#) with strategies to help you manage challenging feelings
- Check-in with how you are feeling each day with this [Mental Health Check.pdf](#), or try this [Your Mind Grounded.pdf](#) worksheet to help you manage anxiety and stay calm in the present moment
- Stay connected! Identify who you can talk to if you need help or support over the break by completing these worksheets [Social Connection Worksheet.pdf](#) and [Who is a trusted adult?.pdf](#)



## HELPFUL RESOURCES



**VIALINK**  
LISTENING • UNDERSTANDING • CONNECTING

- **Crisis Teen Textline:** 833-TXT-TEEN
- **LA Parentline:** call 833-LA-CHILD or text 225-424-1533

Scan here to take Mental Health American's Youth Mental Health Test



LA MENTAL HEALTH COALITION

# HEALTHY SLEEP HABITS



- School-aged kids do best with 9-12 hours of sleep each night, while teens need 8-10 hours.
- Develop a calming bedtime routine. Try reading a book or listening to calming music, and minimize screen time. Turn off lights and find a cozy blanket.
- Consistency is key. Keep bedtime routines when you can during the summer, and "practice" waking up for school in the weeks leading up to the first day so kids know what to expect.

## KEEP ACTIVE!

You can check out your city or parish recreation department for information on summer camps, pool and gym hours, swim lessons, and weekly events and exercise classes.



## THE GREAT OUTDOORS!

Explore your local state park! Visit [lastateparks.com](http://lastateparks.com) for park locations and program information.



**Got your library card?** Many libraries offer summer programs and events for families. You can head to [www.state.lib.la.us](http://www.state.lib.la.us) to find a library near you.

