

# RESET, REFLECT, AND RECONNECT

A Guide to Mental Health in the Classroom

DMH-School Based Community Access Platform



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# RESET

Section I



**WHAT SONG(S) DO  
YOU LIKE LISTENING  
TO THAT HELP(S)  
YOUR MOOD?**



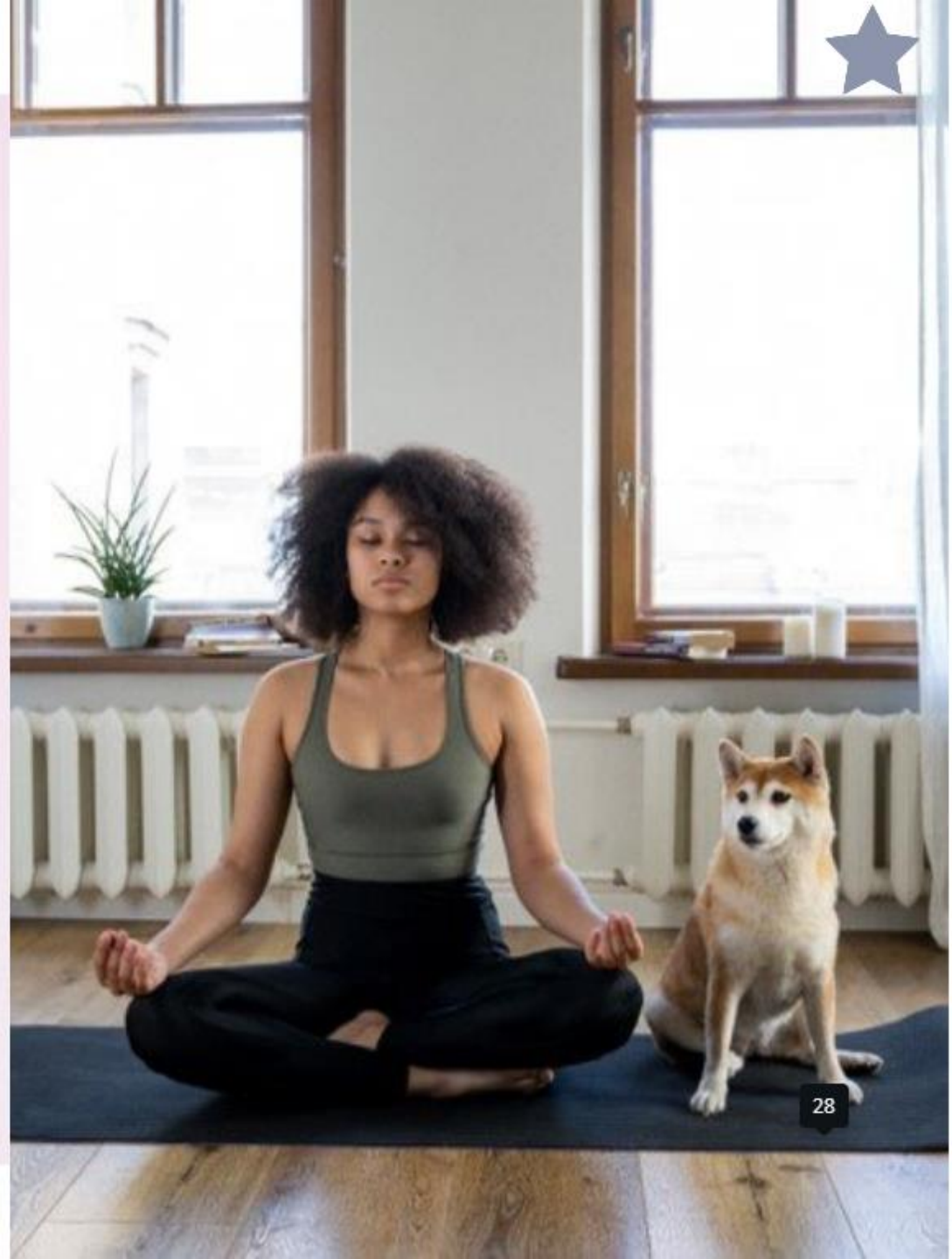
**PLEASE THINK OF YOUR OWN COPING SKILLS THAT YOU CAN USE FOR THIS SCHOOL YEAR.**

Which ones can you use at school?

Which ones can you use at home?



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# "RESET WORD"



**HOW DO WE WANT TO  
USE THE "RESET WORD"  
IN OUR CLASS?**



# REFLECT

Section II

# MOOD CHECK-IN

When I am aware of how I am feeling I can support myself better throughout the day and be mindful of my emotions and what I may need.



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# REFLECTION

Please think quietly  
to yourselves...



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What is one  
thing that came  
up for you that  
you want to let  
go of?



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# IDENTIFYING YOUR STRENGTHS

Let your  
Light  
Shine

Motivated

Calm

Energetic

Team Player

Hopeful

Athletic

Creative

Considerate

Good  
Listener

# AFFIRMATIONS

I AM CAPABLE.

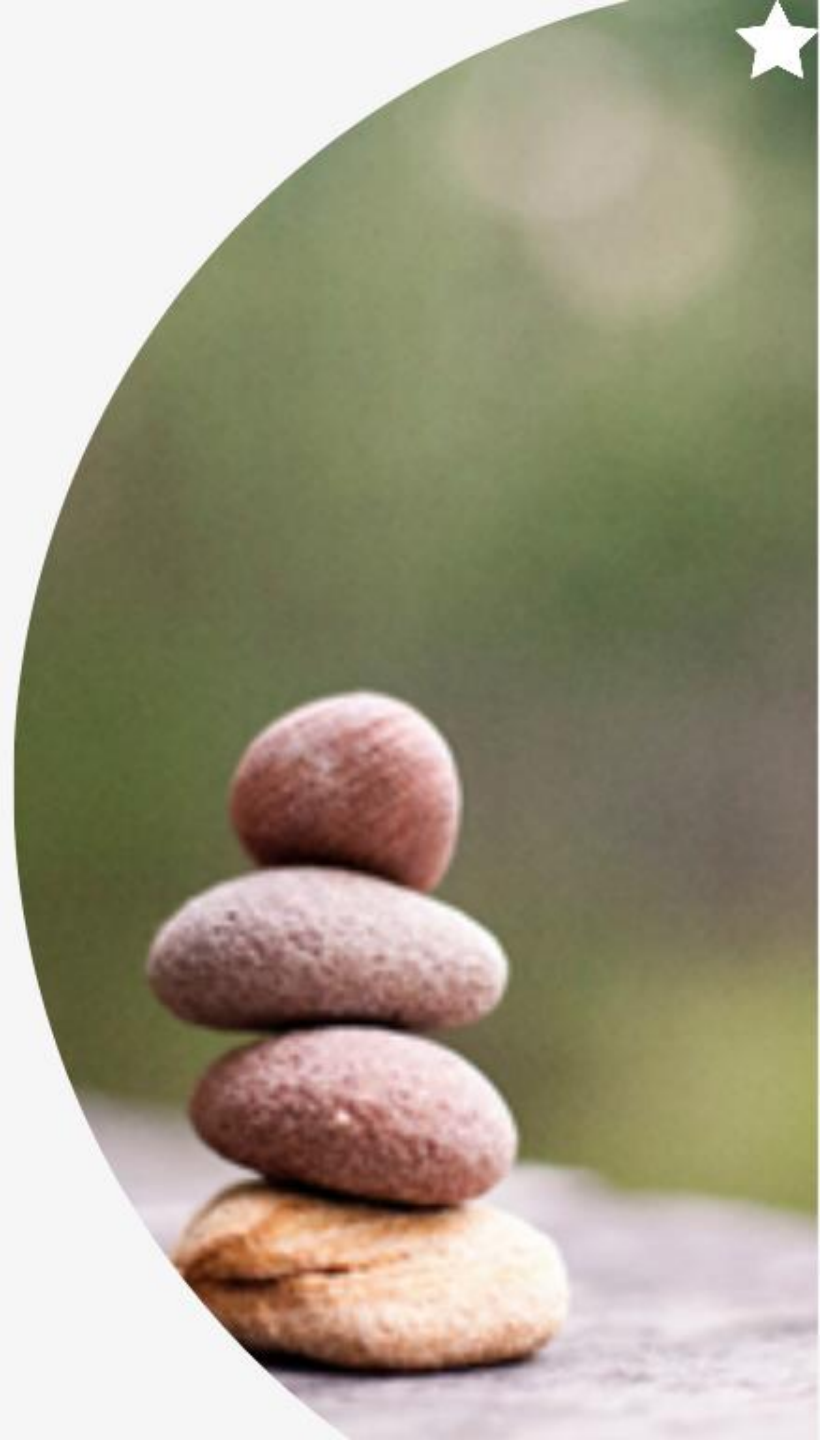
I AM ALWAYS GROWING.

I WILL MAKE A DIFFERENCE.

I TAKE CARE OF MYSELF.

I AM APPRECIATIVE OF THIS MOMENT.

I MAKE MISTAKES AND I LEARN FROM THEM.





Please write your own affirmations that you can use this school year.



I AM...



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# RECONNECT

Section III



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# HEADSPACE

Please sit comfortably  
and close your eyes, if you  
feel comfortable doing so.



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# SUPPORT IS AVAILABLE FOR YOU



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

24/7 LACDMH Help line  
800.854.7771  
dmh.lacounty.gov



310.855.HOPE (310.855.4673)  
800.TLC.TEEN (800.852.8336)  
Available 6-10 PM PST nightly  
teenlineonline.org

