

# RESET, THINK, & RECONNECT

Name:

Date:



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

UCLA

Public Partnership for Wellbeing

**1** What are some songs that make you happy?



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**2** Think of some coping skills that you can use.

At Home:

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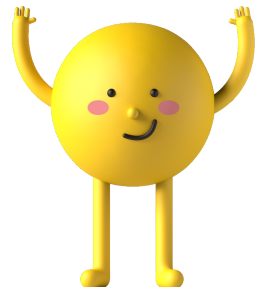
In School:

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# RESET, THINK, & RECONNECT



**3**

**Reset Word**

**4**

**Your Strengths**

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**5**

**Write some positive statements or affirmations.**

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**6**

**Who can I talk to for help?**

# RESET, THINK, & RECONNECT



**7** Please answer the following questions:

**What have you learned over the week/month?**

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**What do you want most out of this school year?**

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**What do you want your teacher to know and understand about you today and keep in mind during the school year?**

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