

Reset, Think, and Reconnect





Reset



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
Hope. Recovery. Wellbeing.

UCLA

Public Partnership for Wellbeing



What song makes you feel happy?



UCLA

Public Partnership for Wellbeing



Think of your own coping skills you would like to use this week...



Which ones can you use at school?



Which ones can you use at home?





**How do we
want to use the
reset word in
our class?**

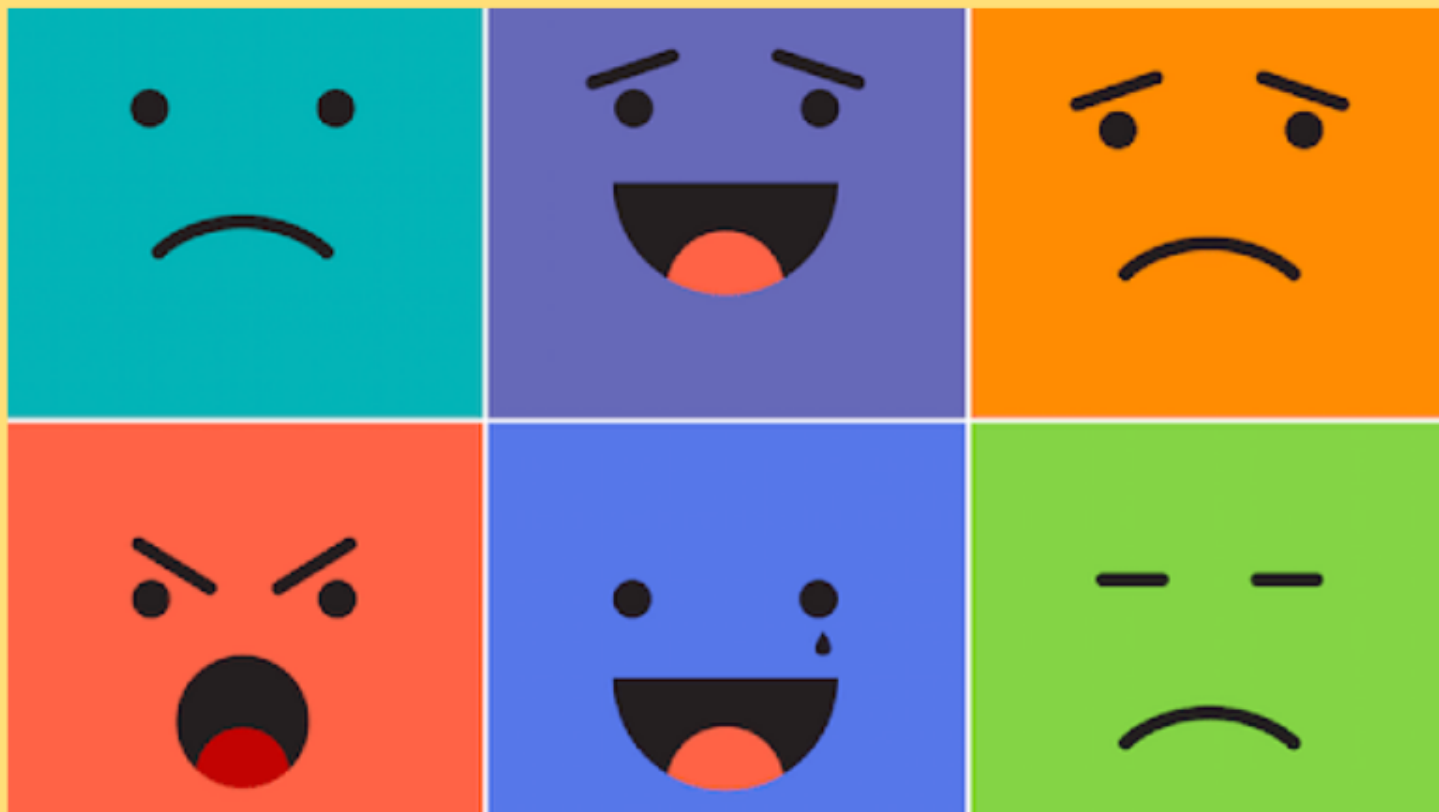




THINK



HOW AM I FEELING?



**When I know how
I am feeling I can
support myself better
throughout the day and
think about my emotions
and what I may need.**

Reflection

**Please think quietly
to yourself...**



**What is one thing
that you learned
over the
week/month that
you want to
remember?**



What Are Your Strengths?





Affirmations

- I am smart
- I am brave
- I am kind
- I will make a difference
- I am curious
- I am funny

I AM.....



Please write down
your own positive
words that you
can use this
school year.



RECONNECT



Headspace

Please sit comfortably, close
your eyes if you want to.



UCLA

Public Partnership for Wellbeing