

RESET, REFLECT & RECONNECT

A Guide to Mental Health
in the Classroom



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

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Public Partnership for Wellbeing

Reset

Section I



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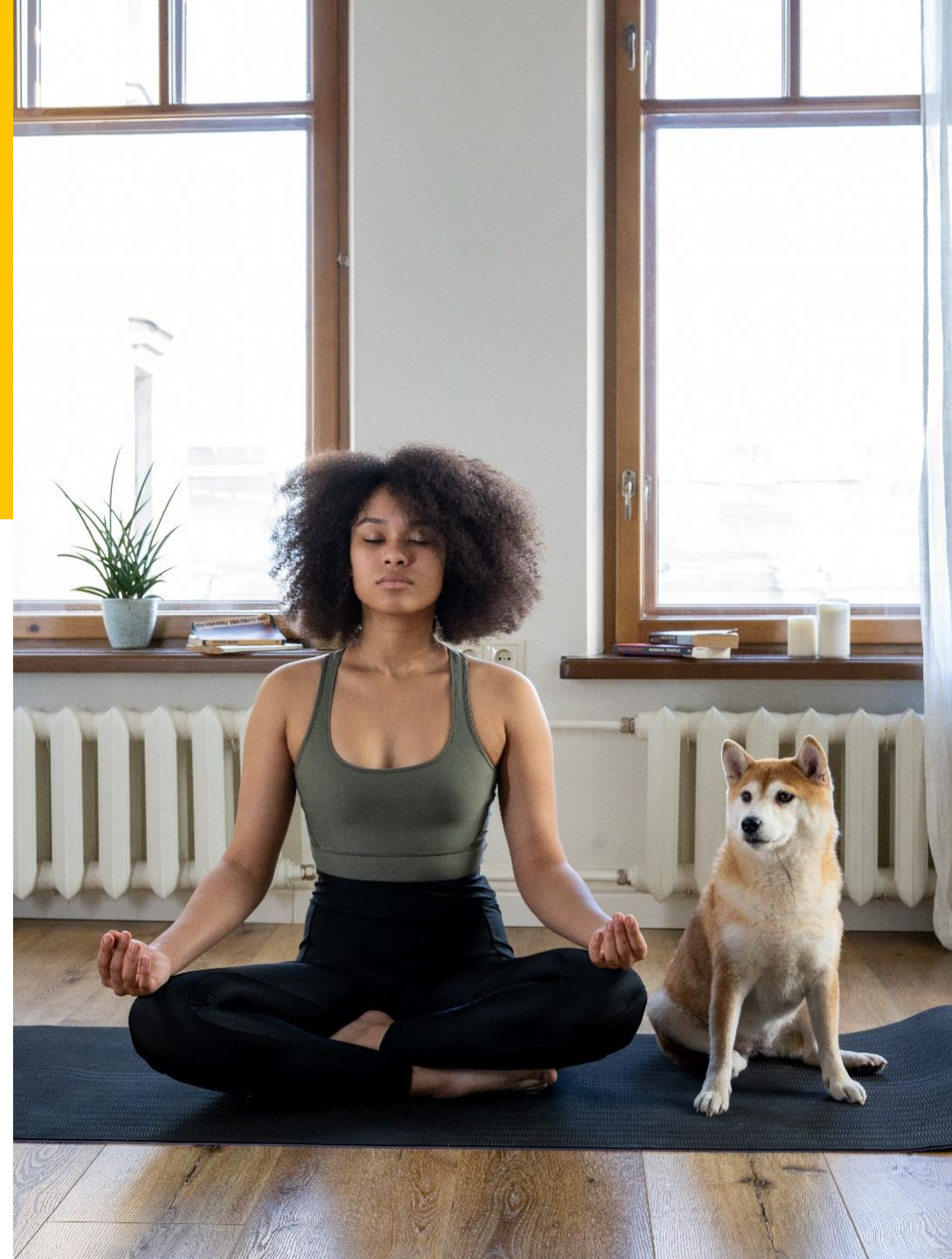
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What song(s) do
you like to listen to
that help(s) your
mood?

**Please think of your own
Coping Skills that you can
use this school year...**

- ★ 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?**

Reset

Reflect

Section II



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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.



Reflection

Please think quietly to
yourself...



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What is one thing that
came up for you over
the past year that you
want to let go of?



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Identifying Your Strengths

Motivated

Calm

Energetic

Team Player

Hopeful

Athletic

Creative

Considerate

**Good
Listener**



Affirmations

- I am capable.
- I will make a difference.
- I take care of myself.
- I am courageous.
- I am always growing.
- I am appreciative of this moment.



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



Reconnect

Section II



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**Please sit
comfortably, close
your eyes if you
choose to.**



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**If you or someone you know
needs more mental health
support please contact your
school counselor, or call the
number listed.**

 **(800) 854-7771**

 **www.dmh.lacounty.gov**

Available 24/7