



Students,

Summer is approaching. As you are home this summer, you may experience some challenges such as:

- Staying home alone
- Not being able to see your friends every day
- Making post-high school plans
- Lack of routine
- May be staying with a different parent

Some of these changes can seem overwhelming at times and it is important to know how to deal with these feelings so you can stay healthy and resilient.

A Resiliency and Wellness plan consists of four elements:

1. **Spend time with people.** Spend time with friends, especially those who are active, upbeat, and make you feel good about yourself. Avoid hanging out with those who abuse drugs or alcohol, get into trouble, or who make you feel insecure. It's also a good idea to limit the time you spend playing video games or surfing online.
2. **Keep your body healthy.** Making healthy lifestyle choices can do wonders for your mood. Things like diet and exercise have been shown to help keep teens resilient. Physical activity can be as effective as medications or therapy for depression, so get involved in sports, ride your bike, or take a dance class. Any activity helps! Even a short walk can be beneficial. As for food, an improper diet can make you feel sluggish and tired, which can affect how you feel emotionally, as well. Your body needs vitamins and minerals such as iron and B-vitamins. Make sure you're feeding your mind with plenty of fruits, vegetables, and whole grains. Talk to your parents, doctor or school nurse about how to ensure your diet is adequately nutritious.
3. **Avoid alcohol and drugs.** You may be tempted to drink or use drugs in an effort to escape from your feelings and get a "mood boost," even if just for a short time. In short, drinking and taking drugs will make you feel worse—not better—in the long run.
4. **Ask for help if you're stressed.** Stress and worry can take a big toll, even leading to depression. If you're dealing with relationship, friendship, or family problems, talk to an adult you trust.

Have a plan to stay healthy and resilient. Use all the resources available to you to make yours the best future possible. These can include your personal Resiliency and Wellness Plan and the wallet resource card that you received in the fall.

We wish you a happy and safe journey as you embark on your next adventure!

Sincerely,

LISD Guidance and Counseling

Resources

For Emergencies

- Go to any hospital Emergency Room or call 911
- MHMR Psychiatric Triage - crisis hotline 800-762-0157 (located in Denton)
- National Suicide Prevention Hotline- 800-273-8255

Local Counseling

- CCD Counseling- 800-897-7068 (locations in Lewisville, Denton and Farmers Branch)
- Youth and Family Counseling - 972-724-2055 (located in Lewisville)

In College

- The counseling center on campus

For your phone

- Crisis Text line - Text 741741 - a crisis counselor will respond

Apps

Ask Lifebuoy Suicide Safe Virtual Hope Box

Name: _____

Roadmap to My **Resiliency and Wellness Plan**

*Spend Time with
People*

1. _____
2. _____
3. _____
4. _____

Keep Your
Body Healthy

1. _____
2. _____
3. _____
4. _____

Ask for Help if You
are Stressed

- Avoid Alcohol and Drugs*
1. _____
 2. _____
 3. _____
 4. _____
 5. _____