



*Alive & Well
Healthy Mind,
Happy Life
Parent Guide
8th Grade*

Positive Coping Skills

IN THIS LESSON WE DEFINE:

- Stress: the feeling of mental or emotional strain or tension resulting from demanding circumstances.

WE ALSO DISCUSS:

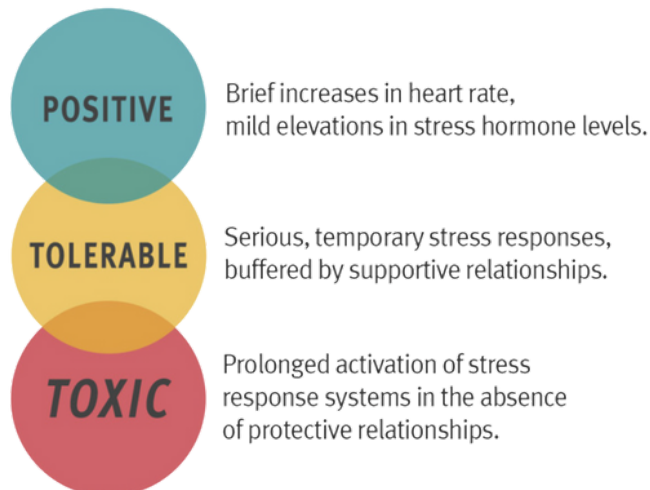
- Ways to handle stress from school.
- The danger of comparing ourselves to others.
- The importance of quality relationships and trustworthy adults in our lives.

WAYS TO HANDLE STRESS

Ask your student about:

- Julia's depression story
- Ways to handle stress
- Journaling practice
- The benefits of hobbies
- Practice being a therapist

Homework: Ways to Handle Stress Practice



Negative Coping Skills

In this lesson we define:

- Boundaries: A line that marks your limits
- Different sources of addiction
- Addiction: A strong impulse to do, use, or indulge in something harmful

We also discuss:

- Consequences from poor decisions.
- How addiction works.
- The Importance of deep, meaningful relationships.
- How to help a friend struggling with mental health.

Ask your student about:

- My Vaping Mistake video
- How Addiction Affects The Brain video
- Billie Eilish On Mental Health And Friendship video
- Practice helping a friend with their mental health
- Suicide prevention

**HOMEWORK: MY
SAFE PEOPLE**



**"NEVER MAKE A PERMANENT DECISION ABOUT A
TEMPORARY SITUATION." - T.D. JAKES**

REFRAME YOUR THOUGHTS

SESSION 3

IN THIS LESSON WE DEFINE:



Reframing: Seeing things from a different perspective.

WE ALSO DISCUSS:

- Questions to broaden your perspective
- Your mindset determines your mood more than your circumstances do.
- New actions create new result
- Steps to change a habit
- Power positions



ASK YOUR STUDENT ABOUT:



- Balloon and mug demo
- Question Your Thoughts practice
- Understanding Thoughts video
- Ways to cope with stress

HOMWORK: POWER POSE PRACTICE