

Cope

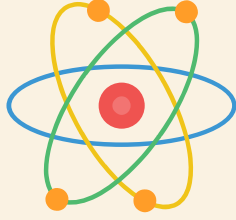
For Hope







for **Nya Watson...**  
the inspiration and  
creativity of the  
booklet



# My Support System



Home:

.....

School:

.....

Work:

.....



## Resources

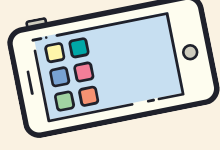
If you or someone you know is in danger or at risk of suicide

### Please Call:

National Crisis Line: 988

Teen Link: 1-866-TEENLINK (833.6546)

Trevor Project (LGBTQ+): 1-866-488-7386  
Emergency: 911



## A Little Bit About Substance Use

Many who use drugs are looking to affect the reward center in their brain, not realizing how much the brain is affected negatively by use.

Let's look at some important parts of the brain that are affected by the use of drugs...

# Word Search to Learn the Brain

H V A B S P G K I B I W D G C S Z A T V  
N B M C V L D G H T M Y X I Y G R C  
P G H E X T E N D E D A M Y G D A L A F  
M A I L G N A G L A S A B N U W U G N O  
U S M L J U Y I L Q L F J N H L S H W X  
H I P P O C A M P U S V Y Z K C T X E F  
Q D B C K M E E X V D D Q G H H U J W I  
Z C H Z P R E F R O N T A L C O R T E X  
J S N N U C L E U S A C C U M B E N S R  
Q S K A L A D G Y M A N I A R B D I M Y

- hippocampus
- amygdala
- basal ganglia
- extended amygdala
- prefrontal cortex
- nucleus accumbens
- midbrain

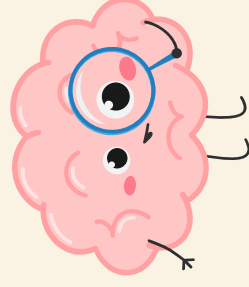
\*Words can be found forwards or backwards

## Parts of the Brain and What They Do

**Hippocampus:** A part of the brain that has a major role in learning and memory. It is also involved in goal-directed behavior and inhibitions.



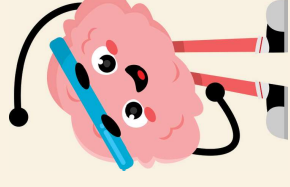
**Midbrain:** Important for motor movement, especially of the eye and in auditory processing



**Prefrontal Cortex:**

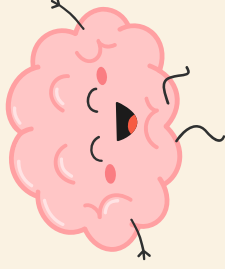
Responsible for your reasoning, problem solving, comprehension, impulse control, and perseverance.

**Basal ganglia:** Nuclei responsible for motor control- they help you move your muscles. They also help with forming habits and play a role in addiction

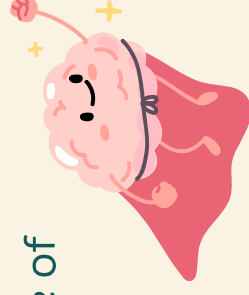


### **Amygdala and Extended**

**Amygdala:** Emotional processing and arousal- this part of your brain is in charge of emotions.



**Nucleus Accumbens:** In charge of your motivation and actions



All of these parts of the brain are vital to your success. The human brain continues to develop until age 25-28 years old. Introducing mind-altering substances to your brain during this time is like programming a computer with the keyboard keys all mixed up. There will be errors and programs may crash.

## Mad Lib

Dear Diary,  
Life is completely \_\_\_\_\_ ADJECTIVE \_\_\_\_\_ now. With things changing every \_\_\_\_\_ PERIOD OF TIME \_\_\_\_\_, I feel so \_\_\_\_\_ ADJECTIVE \_\_\_\_\_  
and \_\_\_\_\_ ADJECTIVE \_\_\_\_\_. I don't know when I'll be able to \_\_\_\_\_ VERB \_\_\_\_\_ again. \_\_\_\_\_ PERSON \_\_\_\_\_ says  
everything will be \_\_\_\_\_ ADJECTIVE \_\_\_\_\_, we just need to \_\_\_\_\_ VERB \_\_\_\_\_. It's hard to know what to do, my  
mind is so \_\_\_\_\_ ADJECTIVE \_\_\_\_\_. I'm trying to \_\_\_\_\_ VERB \_\_\_\_\_ more. \_\_\_\_\_ VERB (...ing) \_\_\_\_\_ helps. Last night I talked  
to \_\_\_\_\_ PERSON \_\_\_\_\_ for an hour. \_\_\_\_\_ EXCLAMATION \_\_\_\_\_! I think I've cried like \_\_\_\_\_ NUMBER \_\_\_\_\_ times this week. The  
future is so uncertain and \_\_\_\_\_ ADJECTIVE \_\_\_\_\_. I think I just have to \_\_\_\_\_ VERB \_\_\_\_\_ and keep \_\_\_\_\_ VERB (...ing) \_\_\_\_\_.



## Deep Breathing is Important

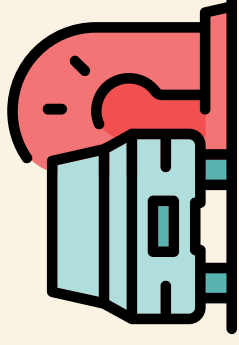
Did you know deep breathing is good for your brain? Deep breathing will stimulate the vagus nerve, which is in charge of turning off your fight or flight reflex. Due to stress, many people live in fight or flight mode nearly all the time.



## What Happens in Fight or Flight?

- Often feeling attacked
- Defensiveness
- Taking things too personally
- Argumentative
- Stress
- Anxiety
- Addiction
- Suicidal thoughts
- Depression
- Often feeling overwhelmed
- Not wanting to do anything

## Overactive Car Alarm



Living in fight or flight is like having an overactive car alarm. You really only want it to go off if someone is breaking in, but it goes off even if a leaf blows against it.

## OK. Let's Learn to Breathe



Inhale *slowly* through  
your nose for 5 seconds:  
1-2-3-4-5

Exhale *slowly* through  
your mouth for 7  
seconds:  
1-2-3-4-5-6-7

Repeat 3 or more times.







## 5 Dimensions of Self-Care

1

### Lifestyle:

Relaxation  
Goal-Setting  
Time in Nature  
Fulfilling Work Routine

2

### Physical:

Sleep  
Exercise  
Nutrition  
Water Intake  
Vitamins



**Spiritual:**

Meditation  
Sense of Purpose  
Finding Meaning  
Prayer  
Mindfulness



**Relationships:**

Family  
Friends  
Role Models  
Community  
Therapist



**Emotional:**

Positive Affirmations  
Self-Compassion  
Gratitude Journaling  
Positive Mindset  
Healing

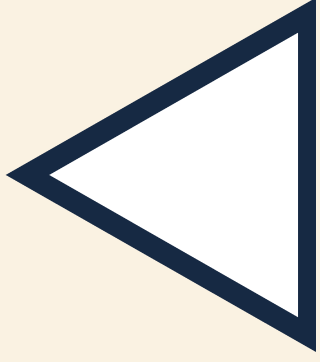


**Self-Care:** A long-term way to manage stress and anxiety

**Relaxation:** A self-soothing technique used to provide immediate relief after stressful situations

## Let's Try the Triangle Method

Thoughts



Behavior

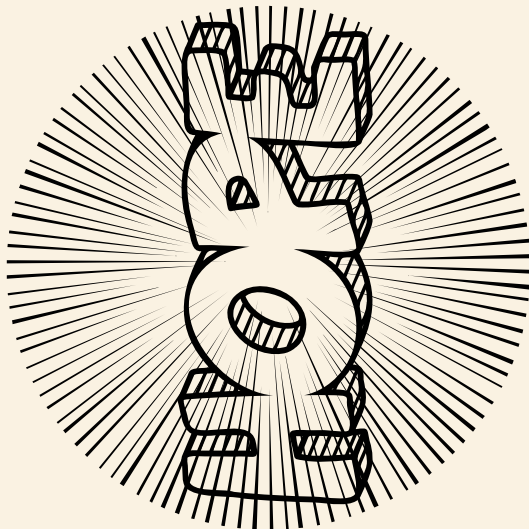
Emotions

- At the top of the triangle write your negative thoughts
- At the bottom right, write down your emotions (sad, mad, stressed, happy, etc)
- At the bottom left, write down your behavior (creative, social, tired, etc)



# My Triangle Today









# THINK

... is it **T**ruer?

... is it **H**elpful?

... is it **I**nspiring?

... is it **N**ecessary?

... is it **K**ind?

*Our words matter.*



## *Start in the Morning to Prevent Depression*

1. Make your bed- this tells your brain you are not going back to bed
2. Take a cold shower- start at your normal temperature and slowly bring it down- it's refreshing!
3. Get ready for the day- brush your teeth, wash your face, comb your hair

*Do what makes you feel good!*

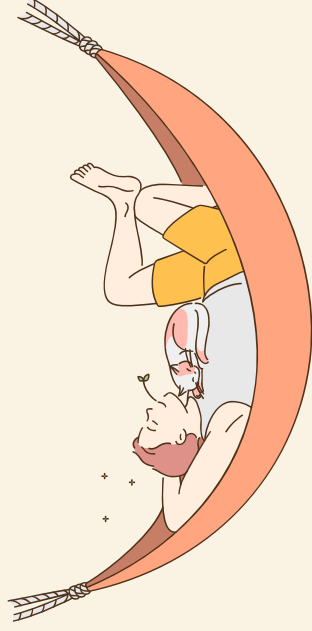
## Overcoming a Crisis

1. Acknowledge it for what it is (out loud) - "I'm having a crisis and it sucks."
2. Recognize the emotions that come with it, how are you feeling? - "I'm feeling confused, uncertain, demotivated."
3. Try to appreciate the small things in day to day tasks - having morning coffee, sitting in the sun, receiving a smile from a stranger.
4. Avoid self-isolation, go connect with people, reach out to friends and family.

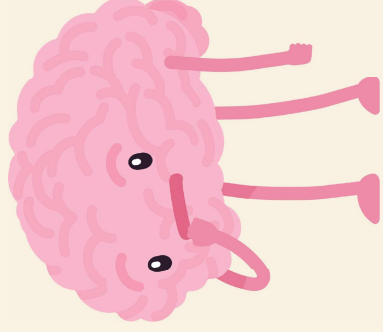
## Quotes for Inspiration

"You can't reach for  
what's in front of  
you until you let go  
of what's behind  
you."





"If you get tired, learn to rest, not to quit."  
-Banksy



"Feeling sad after a decision does not mean it was the wrong decision."

"Don't let your loyalty  
keep you in situations  
your common sense  
should have gotten  
you out of."





"I am affected only by my thoughts."



"Your peace is more important than understanding why something happened the way it did. Let it go."

-Mandy Hale



