

Mental Wellness

Welcome!

Accessing the Survey

The screenshot shows a web browser window with the URL <https://arrowheadschools.org>. The website header includes the district name and a navigation menu with categories: ABOUT US, ACADEMICS, ACTIVITIES, COUNSELING, ENROLL, and RESOURCES. The main content area is titled "News & Events" and features four promotional tiles. A red arrow labeled "Click Here" points to a "Learn More" button on the first tile, "Bess Survey", which also lists "October 3rd Homeroom Survey". Other tiles include "Broadway Company Presents: Disney's Beauty and the Beast", "Homecoming 2018" (with a football helmet image), and "WiFi Information" (with a WiFi symbol image). The Windows taskbar at the bottom shows the time as 1:47 PM on 9/20/2018.

Click Here

News & Events

Bess Survey

October 3rd Homeroom Survey

Learn More



Broadway Company Presents:
Disney's Beauty and



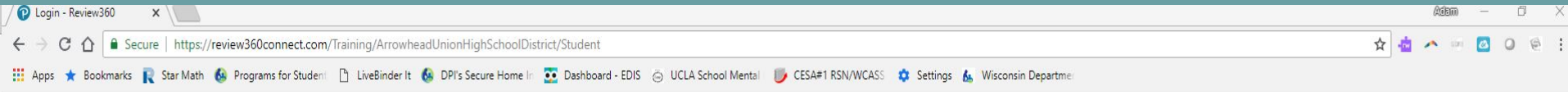
Homecoming 2018



WiFi Information



Accessing the Survey



Student Number

Submit



Enter your student
ID here

Survey Instructions

This form contains sentences that young people may use to describe how they think or feel or act. Read each sentence carefully.

- Select Never if the sentence never describes you or how you feel
- Select Sometimes if the sentence sometimes describes you or how you feel
- Select Often if the sentence often describes you or how you feel
- Select Almost Always if the sentence almost always describes you or how you feel

Give the best answer for you for each sentence, even if it is hard to make up your mind. There are no right or wrong answers. Please do your best, tell the truth, and respond to every sentence. **Click “Submit” and close your device when you are finished.**

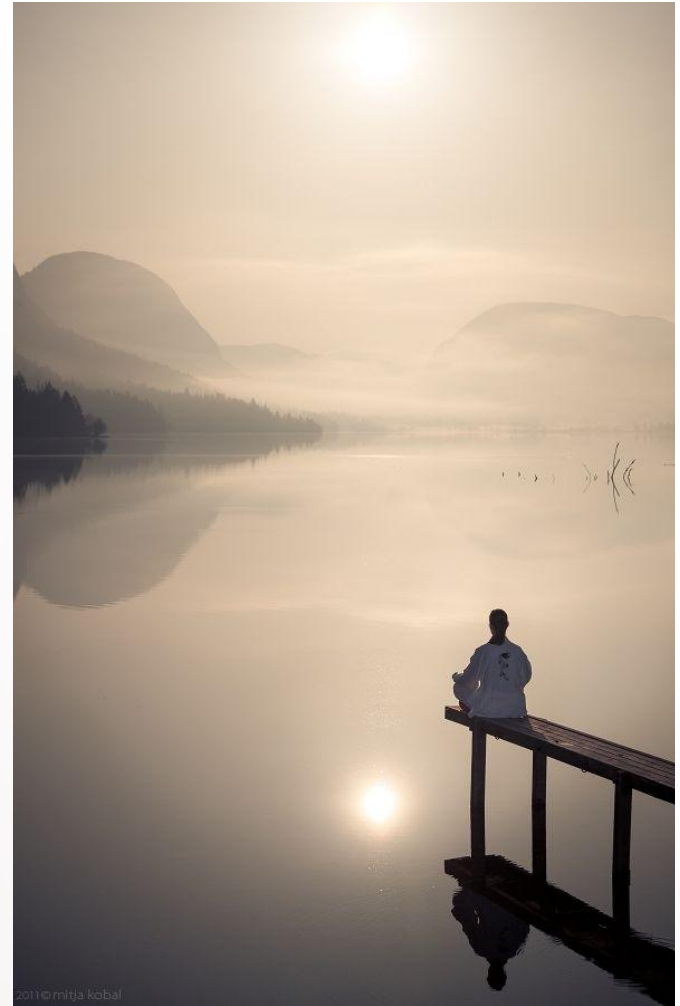
**Mindfulness
Homeroom
Lesson #1**



Purpose

People always tell us not to stress, but rarely does anyone tell us how.

We would like to take the first steps in telling you how.



Mindfulness

Identifying personal experiences/reactions, without being attached to the judgement of the experience

- NOT trying to stop thoughts
- Simply noticing without labeling them





Introduction

TED Talk: Mindfulness for Teens

[“Why Aren’t We Teaching You
Mindfulness?”](#) (15 min.)



Mind Full, or Mindful?

How to be Mindful: Breathing Technique

Breathing in, I know I am breathing in.
Breathing out, I know I am breathing out.

VARIATION:

Breathing in, I'm in English class.

Breathing out, I am focused.

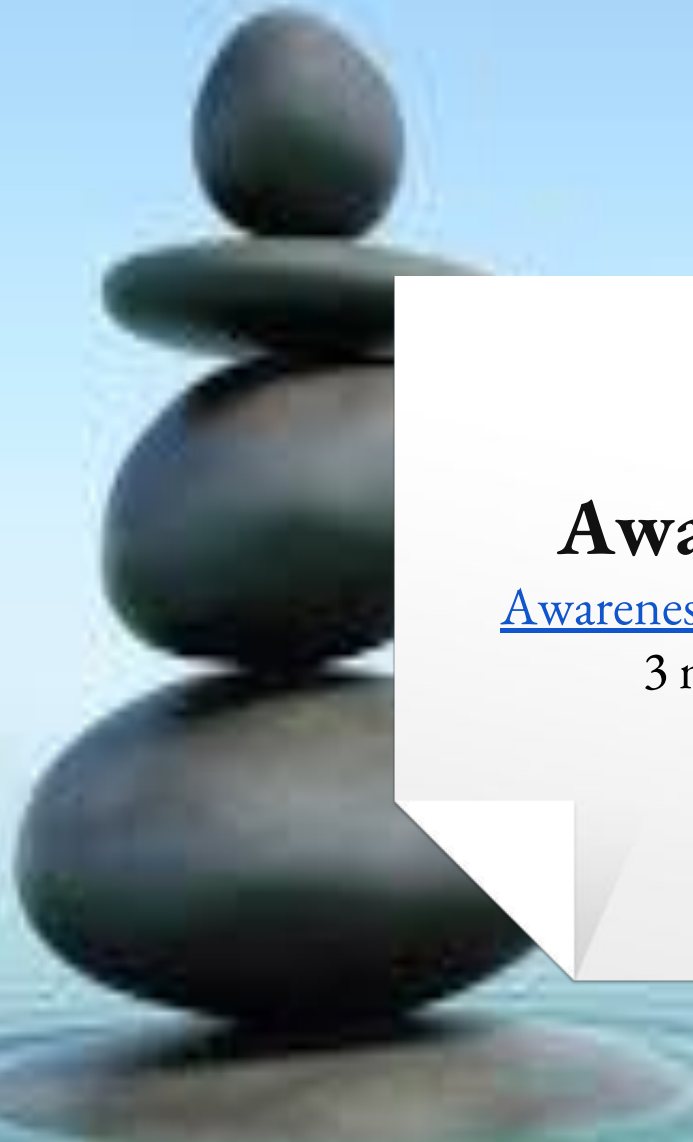
Breathing in, I am nervous (angry, sad).

Breathing out, I hold my anxiety (anger, sadness) with kindness.

How to be Mindful: Body Scan Meditation:

You can learn to calm yourself by practicing a Body Scan Meditation

- Promotes greater physical awareness
- Helps to draw attention to specific areas of the body
- Helps release areas of tension
- Focus with curiosity and non-judgement



Awareness
[Awareness Meditation](#)
3 minute

Times to Practice Mindfulness/Breathing:

- At the beginning of class
- Whenever you hear a bell
- Anytime you have to wait (red light, in line)
- Listening to someone
- While seated in class
- Before tests
- Before a competition
- Before speaking in public
- Before getting out of bed in the morning
- Before falling asleep
- To calm emotions



Continued Practice App

[Bell of Mindfulness](#)

The bell sounds so you have a chance to stop,
breath, and relax.