

Mental Wellness

Welcome!

Accessing the Survey

The screenshot shows a web browser window displaying the Arrowhead Union High School District website. The browser's address bar shows the URL <https://arrowheadschoools.org>. The website's navigation menu includes links for ABOUT US, ACADEMICS, ACTIVITIES, COUNSELING, ENROLL, and RESOURCES. The main content area features a 'News & Events' section with four featured items: 'Bess Survey', 'Broadway Company Presents: Disney's Beauty and the Beast', 'Homecoming 2018', and 'WiFi Information'. A red arrow points to the 'Bess Survey' link, which is also circled in red. The 'Bess Survey' link is labeled 'Learn More' and is associated with the text 'Bess Survey' and 'October 3rd Homeroom Survey'.

Click Here

News & Events

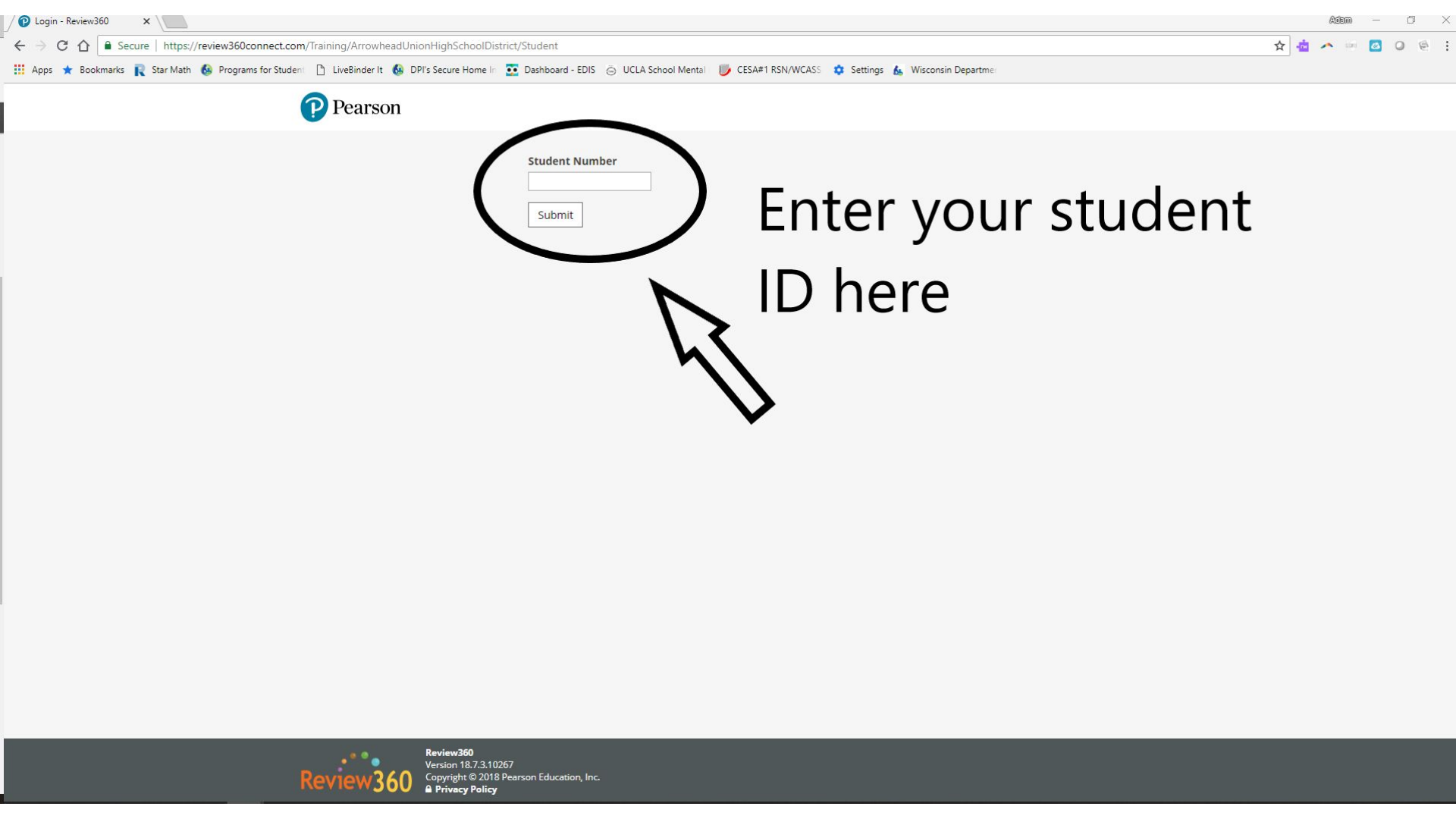
Bess Survey
October 3rd Homeroom Survey
[Learn More](#)

Broadway Company Presents:
Disney's Beauty and the Beast

Homecoming 2018

WiFi Information

1:47 PM
9/20/2018



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.**

Self-Awareness



What is self-awareness?

- Break into 4 groups based on your birthday
 - Jan-Mar
 - Apr-Jun
 - Jul-Sep
 - Oct-Dec
- With **no devices or dictionaries**
- As a group **define** what the word “**self**” means to you and what the word “**awareness**” means to you
- Then **define** “**self-awareness**”
- Designate one group member to share out with the whole class
- Share your definitions with the group!



How does yours compare with the dictionary

- **Self**
 - Who a person truly is
- **Awareness**
 - Knowledge of a situation or fact
- **Self-Awareness**
 - knowledge and awareness of your own personality or character



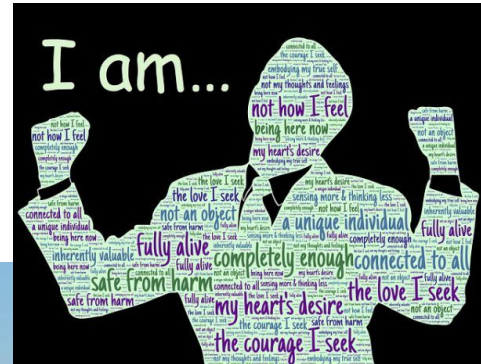
Importance of Self Awareness

Why is Self Awareness important?

- Self Awareness gives you better understanding of yourself, you can then be empowered to make changes. You are able to build on your strengths along with identifying your weaknesses.

How does Self Awareness benefit you?

- The more you pay attention to your emotions, values, strengths, and weaknesses, the better you'll understand why you do the things you do.



Mindfulness



Mindfulness

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

NOT trying to stop thoughts

Simply noticing without labeling them



Guided Practice:

Breathing Technique

Breathing in, I know I am breathing in.

Breathing out, I know I am breathing out.

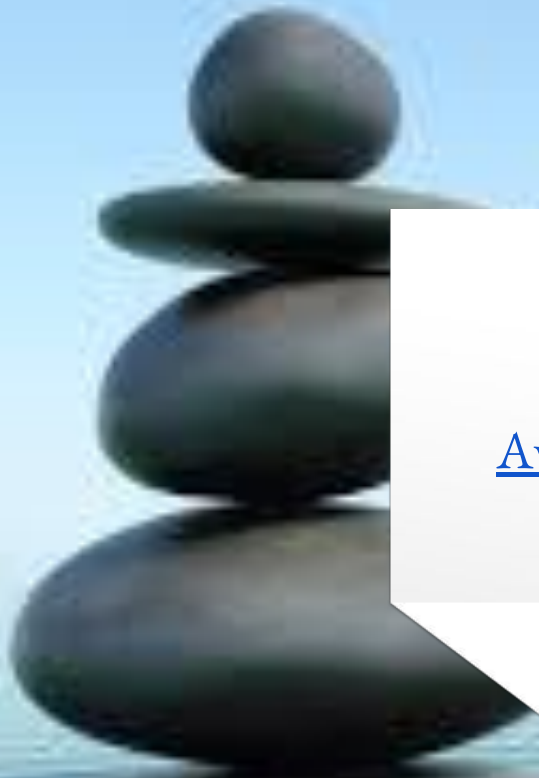
VARIATION:

Breathing in, I'm in English class.

Breathing out, I am focused/calm.

Times to Practice Mindful 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



Awareness
[Awareness Meditation](#)
3 minute



Continued Practice App

Bell of Mindfulness

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