



p.s. *you* got this

**WE HOPE YOU HAVE A
SAFE AND FUN-FILLED
SUMMER!!!**



Summer Survival Guide

SUMMER ACTIVITIES



Community Resources and Crisis Hotlines



South Hills Interfaith Movement

(food, clothing, utility assistance, family services)

5301 Park Ave., Bethel Park

412-854-9120

St. Valentine Church-Our Lady of Hope

(furniture, clothing, rent, security deposit, utility and food assistance)

2710 Ohio St., Bethel Park

412-831-8312

Highmark Caring Place

(bereavement)

888-224-HOPE

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Inspirational Quotes

flawsome:

[flô-səm] adjective

an individual who embraces their “flaws” and knows they are awesome regardless.

“It is never too late to be what you might have been”

-Adelaide Anne Procter

Coping Strategies

Progressive Relaxation

When you feel anxious, your muscles are likely to be tense. Consciously releasing your muscle tension will help you relieve anxiety. Progressive relaxation is an exercise that can help.

Progressive muscle Relaxation

- This technique concentrates on muscle relaxation.
- You slowly tense a muscle group then relax that group
- This helps you feel the difference between tension in your body and relaxation.
- Tense your muscles for 5 seconds, then relax them for 30 seconds, then repeat.

Relax in Under a Minute

1. Scrunch up your face, and release
2. Raise your eyebrows a few times
3. Drop your jaw
4. Roll your shoulders
5. Shake out your hands
6. Take two deep breaths
7. Repeat as needed

Coping Strategies

Inspirational Quotes

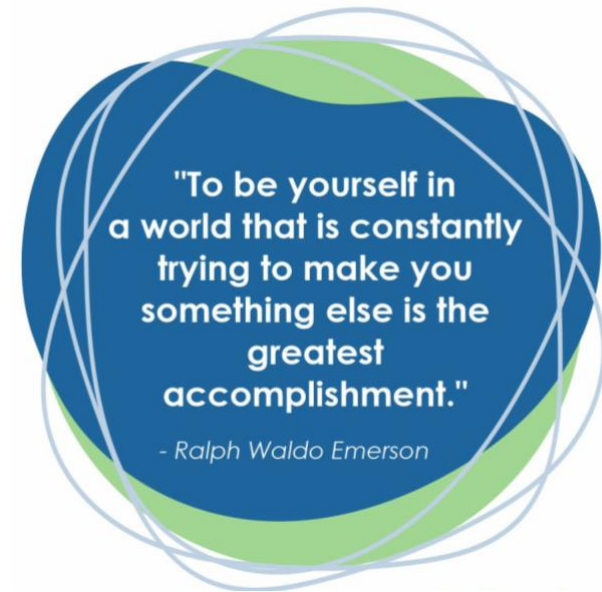
Positive Affirmations

People send mental messages to themselves all throughout the day. These messages are called “affirmations” because they affirm and reinforce ideas. Sending yourself negative affirmations will increase your anxiety level. Sending yourself positive affirmations will help you to feel more peaceful.



Writing it Out

Writing can be an effective way to express and release feelings of anxiety. You don't need any special kind of writing talent because you are writing for yourself only.



“The only impossible journey is the one you never begin”

-Tony Robbins

Transition Tips

Make a “smooth” start to your summer break!



- Embrace some “down” time
- Strive to maintain Healthy Habits
- Clarify caregiver expectations
- Re-establish a routine
- Create opportunities for social fun
- Learn something “new”

Coping Strategies

“Grounding” Technique

- ✚ Grounding is an effective way to calm anxiety during a panic attack. In this process, you identify objects around you to help your brain recognize where you are.
- ✚ This creates a sense of comfort because you know where you are and you feel more in control of the situation

Practice the following steps for a few mins daily to help when experiencing heightened anxiety:

- ✚ 5: Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings
- ✚ 4: Acknowledge FOUR things you can touch around you
- ✚ 3: Acknowledge THREE things you hear
- ✚ 2: Acknowledge TWO things you can smell
- ✚ 1: Acknowledge ONE thing you can taste

Coping Strategies

Positive Coping Methods

- + Exercise (Running, Walking, Weight lifting, Sports, Yoga)
- + Deep Breathing
- + Drawing/Painting
- + Watch a Favorite TV show/movie
- + Meditation/Progressive Muscle Relaxation
- + Listen to Music
- + Take a shower/bath
- + Go outside (social settings/enjoying nature)



Transition Tips

Embrace some “down” time

- + Taking the time to unwind and decompress and catch your breath, while reflecting on what was accomplished during the school year

Strive to maintain Healthy Habits

- + Placing an emphasis on your personal health through healthy habits such as eating well, getting appropriate rest, exercise, time management, social activities, and meditation

Clarify caregiver expectations

- + What are the expectations for summer? For example, with extra time in your day, how much time is divided between enjoyment, chores, a summer job? An initial conversation with a parent/caregiver about the “clear expectation” for your time may alleviate some undue stress

Re-establish a routine

- + A typical school day has a “structured” schedule, so effective time management and prioritizing summer tasks are some ways to reduce stress when keeping an organized, daily agenda

Create opportunities for social fun

- + Involving yourself in some social interactions such as hanging out with friends, local events, clubs and sports

Learn something “new”

- + Feeling bored? Experience the thrill of discovery by trying out something new to promote personal growth

Coping Strategies

STAY-AT-HOME COPING STRATEGIES

- Challenging and Reframing a negative thought
- Positive Coping Methods
- “Grounding” Technique

[Stress Reduction Workbook for Teens](#) – Mindfulness skills to help you deal with stress. By Gina M. Biegel, MA, LMFT

Coping Strategies

Challenging and Reframing a negative thought

- ✚ Identify and challenge a negative thought with positive reframing to find the “upside” in a difficult situation

