

#	Sunlight	Twilight	Midnight
1	<p>What are things you do daily to take care of yourself?</p> <p>Examples may include: reading, walking, hanging out with family and friends, and exercising. Good mental health includes taking care of your physical, spiritual, and emotional. They are all connected, and supporting one supports the others.<sup>22</sup></p>	<p>Who are 5 trusted adults you can go to in a time of need?</p> <p>A trusted adult means someone a youth can be open and honest with. They are not required to be in the family.</p>	<p>If you could dream as big as possible, what would your life look and feel like? What would you be doing in the first picture that comes to mind?</p> <p>No limitations here. This is your chance to really dream big.</p>
2	<p>What activities make you the happiest?</p> <p>Research shows participating in extracurricular activities, not including video games, is related to better grades, mental health, and behavior.<sup>1</sup></p>	<p>How do feelings of love, hate, fear, etc. and behaviors affect each other?</p> <p>For example, someone who may feel neglected at home, will act as the “class clown” at school.</p>	
3	<p>List 3 things you’re thankful for.</p> <p>Research shows being grateful leads to increased wellbeing and mental health outcomes.<sup>2</sup></p>	<p>Guess: What percentage of high school Kentuckians reported feeling sad or hopeless to the point of stopping some usual activities between 2015-2017? Does this answer surprise you?</p> <p>30%<sup>4</sup> This is one of the symptoms of depression.</p>	<p>What is one feeling you’ve been having lately?</p> <p>It’s okay to talk about feelings, positive or negative.</p>
4	<p>What is something you’re excited about for this year?</p> <p>Examples may be: going on a trip, certain holidays and traditions, new brother or sister, trying a new activity.</p>	<p>What motivates (gives a reason to do something) you and does this match up with what you value?</p> <p>You may be motivated by money, and your values are respect, career, and family. These could align because if you have money you might get it by advancing in your career, which allows you to help family and gain respect.</p>	<p>Talk about a time you’ve overcome trouble or difficulty. How did this make you feel?</p> <p>Going through challenging experiences in your youth helps to build resilience into adulthood.<sup>6</sup></p>

5	<p>How do you feel about school or about learning new things?</p> <p>Being actively engaged in learning can help support mental health. <sup>15</sup></p>	<p>What is your favorite childhood memory?</p> <p>Reflecting on positive experiences may help one to feel calm when anxious.</p>	<p>Everyone put the Crisis Text Line number in their phone. When you need to use it, text HOME to 741741.</p> <p>No matter how big or small your crisis is, someone will reply to your message within minutes and it's FREE!</p>
6	<p>Which emoji best conveys your day and why?</p> <p>Photo of emoji options. This is a good chance to reflect on how the day went and what you have been feeling.</p>	<p>Name ways social media, friends and family, your community and history, religious practices, and mental health reading and writing ability can affect mental health stigma.</p> <p>Examples: urban vs. rural, feeling support from your church, judgmental beliefs and attitudes, misinformation, stereotypes, etc.</p>	<p>If you have a friend or classmate dealing with mental illness, what are examples of things to do and say and things not to do and say?</p> <p>Examples of what to do: ask how you can help, show support, keep your friends trust, educate yourself.</p> <p>Not to do: spread gossip, avoid talking about it, support negative behaviors like turning to drugs to cope. <sup>7</sup></p>
7	<p>What are signs someone may be experiencing depression?</p> <p>Examples include: loss of appetite, excessive sleeping or insomnia, crying, messiness, mood swings, lack of motivation to start or complete tasks, etc.</p>	<p>What's been on your mind lately?</p> <p>Do you notice any recurring positive or negative thoughts?</p>	<p>If you felt you needed to get help for a mental health condition, what process would YOU go through?</p> <p>For example, you first may reach out to friend, who then goes with you to talk to the guidance counselor.</p>
8	<p>Guess: What are some factors you think contribute to people will developing a lifelong mental health condition by age 14?</p> <p>50% of people will develop a mental health condition by age 14 <sup>3</sup></p>	<p>What is your happy place—both literally and figuratively?</p> <p>Literally, your happy place might be out on the field, or in the library, while your happy place figuratively is on a beach with the sand and sun.</p>	<p>What are you afraid of? (Let's get deeper than snakes).</p> <p>Fears are caused by the belief something is dangerous, painful, or likely to cause a threat. Exploring those may help to bring some clarity to the fears you experience.</p>

9	<p>What three words first come to mind when you hear the phrase “mental health”?</p> <p>Often, we can internalize mental health stigma without even realizing it. Understanding this stigma exists can help us break it down.</p>	<p>What was the last thing that made you feel stressed? Why?</p> <p>Pinpointing something specific that made you stressed, then discussing it, can help you understand your feelings and cope in a positive way.</p>	<p>Think back to the last tough day you had. How did you get through it?</p> <p>You’ve survived all the hardest days of your life until this point. Remembering how you coped can help reinforce these strategies for the future.</p>
10	<p>Name three resources you could use if you or a friend were experiencing a mental health challenge.</p> <p>Examples: hotlines, resources available at your school, or educational resources. Consider doing a search to find resources in your area.</p>	<p>Do you know someone who has a mental health disorder? What do you know about them besides their mental health status?</p> <p>Reminding ourselves that mental health disorders are common helps us realize why stigmas and misconceptions are inaccurate.<sup>8</sup></p>	<p>Can you remember a time you participated in continuing mental health stigma?</p> <p>Recognizing how you’ve contributed to mental health stigma will allow you to avoid it in the future. One example could be a time when you’ve said, “that’s crazy.”</p>
11	<p>What was the last nice thing you did for someone?</p> <p>Research shows that being kind not only helps others but can also improve your own wellbeing.<sup>9</sup></p>	<p>Do you or your friends use social media? How has it affected your mental health?</p> <p>Social media can be positive or negative for our own mental health and others. Remember to be mindful when using social media.</p>	<p>Write down two mental health conversation starters and share ideas with each other. Use these in at least one conversation with someone tomorrow.</p> <p>Talking about mental health openly can help break mental health stigma.</p>
12	<p>What’s something that always makes you laugh?</p> <p>Research shows that laughter has measurable positive effects on mental health.<sup>10</sup></p>	<p>What stops you from using mental health resources?</p> <p>There are many barriers to mental health resources: cost, lack of knowledge, and stigma. Recognizing barriers may play a role in helping you overcome them if you need to use resources.</p>	<p>What differences might you imagine exist among how mental health and illness is approached in different cultures?</p> <p>In some cultures, mental health is openly discussed; in others, it’s kept quiet.</p>
13	<p>What types of mental health disorders do</p>	<p>What are ways you can show love and</p>	<p>How has your mental health changed over</p>

	<p>you know exist?</p> <p>Examples include: depression, anxiety, eating disorders, schizophrenia, bipolar, etc.</p>	<p>support, even when someone makes a mistake?</p> <p>Examples: giving a hug, smiling, saying an encouraging word, offering to help</p>	<p>the years?</p> <p>Do you feel different, have you experienced new emotions, are you concerned about anything, have you developed new habits, etc.</p>
14	<p>How can eating disorders look different across different people?</p> <p>Eating disorders affect people of all shapes, sizes, sexes, ages, and races.</p>	<p>Discuss reasons mental health is just as important than physical health?</p> <p>If you aren't tending to your mental health, quality of life, work-life balance, and relationships all suffer.</p>	<p>If you were to experience mental health issues, what would hold you back from looking for help?</p> <p>Ex. parents, stigma, lack of availability to therapy, fear of being judged, lack of awareness.</p>
15	<p>What is the best thing that happened to you today?</p> <p>Focusing on the present can help forget about dwelling on past mistakes.</p>	<p>Think about the people in your life. What are some signs or symptoms you've noticed that may indicate someone may have a mental health disorder?</p> <p>Genes can play a role in developing mental illnesses.</p>	<p>When you're going through a setback in your life, how do you deal with this?</p> <p>Sometimes we tend to see our failures as a reflection of ourselves. We need to realize that failures only help us grow and improve ourselves.</p>
16	<p>In your personal experience, how does increasing exercise help play a role in mental health?</p> <p>Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better. 12</p>	<p>On a scale of 1-10, how confident are you when making hard decisions? Discuss why you gave the number you did.</p> <p>Being confident in making decisions as a child, helps build resiliency going into adulthood.</p>	<p>What are examples of mental health language that's stigmatizing? Do you use this language? If so, how can you avoid doing so?</p> <p>Example: Say "complete suicide" or "died by suicide" instead of "commit suicide."</p>

17	<p>What are signs of substance abuse?</p> <p>Having difficulties in personal relationships, engaging in secretive or suspicious behaviors, frequently getting into legal trouble, neglecting responsibilities, sudden change in friends and hobbies, etc.<sup>11</sup></p>	<p>What are the warning signs of suicide?</p> <p>Understanding warning signs will help you be prepared to respond if someone you know begins exhibiting them.</p>	<p>How do you respond when someone asks how your day was? Is your answer how you really feel?</p> <p>You don't have to say "good" or "fine" — explaining how you truly feel can help you feel better.</p>
18	<p>What mental health resources are available at your school or work?</p> <p>There are often more resources than you might be aware of, so think about it and do some research!</p>	<p>Does pressure from school or work affect your mental health? If so, explore what may be causing those feelings of pressure.</p> <p>Exploring the causes of stress and other mental health challenges can help you tackle them.</p>	<p>How are you going to help the world using your best strengths?</p> <p>Knowing your best strengths and how to use them can make navigating through challenging times easier.</p>
19	<p>How long do you think the average delay between onset of mental health symptoms and treatment is for youth? Why?</p> <p>The average delay is 10 years.<sup>3</sup> Using these cards can help reduce stigma and increase resource awareness to shorten that delay!</p>	<p>What inspires you?</p> <p>Think about different people in your life, celebrities or public figures, or even organizations or programs that you find inspirational.</p>	
20	<p>Discuss the ways mental health challenges may be expressed at school or at work.</p> <p>Often, even if it's not immediately clear, many people are living with mental health disorders. Understanding how common they are can help eliminate stigma.</p>	<p>What are your best qualities?</p> <p>Focusing on what you like about yourself can help improve self-esteem and self-worth.</p>	<p>What do you wish other people knew about you?</p> <p>This question can give you a chance to share who how you wish to be seen and understood. It a chance to vent frustrations and share true desires.<sup>13</sup></p>
21	<p>Name any famous people who have discussed mental health and the impact this on you or the people around you.</p>	<p>How can you support family members and friends when mistakes are made?</p>	<p>What are the possible outcomes of your life?</p>

	Examples include Demi Lovato and Logic, who've talked about their mental health publicly and included it in their music.	It is important to think about what we say and advice we give to people. Having a supportive, balanced response can help prevent mistake in the future.	This question can help you step back and understand the bigger picture. <sup>13</sup>
22	List 3 things that describe your culture and one thing you like about a friend's culture.  Culture can be one of the main ways mental health is stigmatized, so it's important to talk about.	What helps you to get out of bed every day? What is your sense of purpose?  Think about what your goals are, why you have these goals, what your biggest day to day influences are.	What is something you want, but don't feel comfortable asking for?  Even when it's uncomfortable, expressing your wishes clearly can help build stronger relationships and ensure you're meeting your needs.
23	What makes your friends nice?  Thinking about this helps one to look for qualities of good friends.	What are you most worried about? What are you feeling most confident about?  Talking about your worries with other people can help them learn how to best support you. <sup>13</sup>	What is one way I could make you feel more appreciated?  Instead of answering this question, ask the other members in your group and think about how you can help them.
24	Which three words best describe me?  Everyone in the group should try to describe themselves in three words.	What would help make you feel supported by your family, friends, and the people around you?  Making this clear can help others learn how to support you in a meaningful way.	What is the most challenging part of being yourself?  Life can be hard on all of us, but sharing what's difficult with others can help you feel better.
25	Which three words best describe you?  Each person has the chance to describe the people they're playing cards with in three words.	What is your motto for your everyday life?  If you don't have one, try to come up with one now!	What are some ways you can use today to improve the way you take care of yourself tomorrow?  For example, eating a nutritious diet, exercising, and getting enough sleep are all proven ways to improve mental health.
26	What's the funniest thing you've ever seen or done recently either by yourself or with	How does being creative affect your life in a positive way?	Take time to work together to create a safety plan.

	friends or family?		A safety plan is a list of your favorite or most effective ways to cope, and who you can go to for support.
27	Today was so much fun because_____.  Fill in the blank!	Discuss who you can talk to if someone you know is experiencing a mental health challenge.	Do you feel safe at school or work? Why or why not?  Safety at school and work helps lead to positive wellbeing.
28	What do you wish you could do more often? List three things.	What is your go-to when you're feeling stressed or overwhelmed?	Do you feel like your expectations for yourself are too low, too high, or just right?  Having reasonable expectations for yourself can help you reach your goals without feeling like you aren't enough.
29	Talk about a moment when you've felt really proud of yourself.	When you think of someone experience mental health issues, what picture pops into your head? How might this image create more stigma around mental health?	What are steps you can take to avoid drug use?  We often face external pressures, such as peer pressure, to use substances. How can you avoid this pressure?
30	What is your favorite part of YOU?  Think about your personality, character traits, and strengths. What do you like about yourself?	Can you name the three most common types of mental health disorders among adolescents? Why is this important to understand?  Anxiety, Depression, Attention Deficit Hyperactivity Disorder (ADHD) <sup>14</sup>	How confident are you in yourself?  Do you believe in your ability to reach your goals or make good decisions? Why or why not?
31	How would your best friend describe you?	Do you have a close relationship with your neighbors? If not, what could you do to build a	On a scale to 1-5, where 5 is the most, how would you rate your self-esteem? Why?

	<p>What words would your best friend use? How would they talk about you to other people?</p>	<p>relationship?</p> <p>Neighbors can often become trusted adults and friends.</p>	<p>Self-esteem is how you feel about yourself and your decisions.<sup>17</sup></p>
32	<p>What's something you're interested in that haven't been able to try yet?</p> <p>Have you always wanted to try a new cuisine, travel, or skydive? Think about what you're looking forward to doing later in life!</p>	<p>Do you feel like the expectations of your parents, teachers, coworkers, or bosses are too low, too high, or just right? Why or why not?</p> <p>Expectations can cause stress, so it's important to be aware of them.</p>	<p>How do your personal experiences shape your view of mental health?</p> <p>Personal beliefs can have a huge influence on mental health. For example, certain cultures may have more stigma than others.</p>
33	<p>What ways have you given back to your community?</p> <p>Being involved in and surrounded by your community can help improve wellbeing.<sup>15</sup></p>	<p>What would good mental health mean for you?</p> <p>Remember that having good mental health doesn't mean being happy all the time! It should include negative emotions with ways to cope, too.</p>	<p>What are your mental health goals for yourself?</p> <p>What are some goals you can set that are doable? An example is doing one thing to de-stress each day, whether it's meditating, yoga, drawing, or anything else.</p>
34	<p>What was the last book you read for fun?</p> <p>Reading and other hobbies you enjoy can help you maintain positive mental health.<sup>15</sup></p>	<p>What does empathy mean to you?</p> <p>Empathy is defined as the ability to be aware of and sensitive to the feelings of others.<sup>16</sup></p> <p>How can you use empathy to support others?</p>	<p>How do you think mental health is affecting your kids, friends, or coworkers?</p> <p><b>Everyone</b> has mental health! It influences all of us, whether it's in a positive or negative way.</p>
35	<p>Who would you talk to if you needed advice?</p> <p>These might be close friends, family members, and other people you can depend on and can discuss tough topics with.</p>	<p>Name at least one long-term goal you have. How are you taking steps towards this goal?</p> <p>Try to think of big-picture things that motivate you. Why is this goal important to you?</p>	<p>What reasons make mental health important or not important to talk about within your own community?</p> <p>Having conversations about mental health is important in breaking down stigma. Understanding why we need to have these conversations can help motivate you!</p>

36		<p>What helps you to calm down when you feel anxious or stressed?</p> <p>Healthy coping mechanisms help to deal with stressful situations.<sup>5</sup></p>	<p>From your perspective, how are substance use disorder and mental health connected to each other?</p> <p>Substance use and mental health issues often happen at the same time. Think about how they can affect each other.</p>
37	<p>Why is it important to start conversations about mental health?</p> <p>Starting mental health conversations can help break down stigma, which in turn makes it easier to find and use mental health resources.</p>	<p>Do you feel hesitant to start conversations about mental health with your friends and coworkers? Why or why not?</p> <p>The stigma surrounding mental health can make it hard to start conversations. Explore why discussing mental health might feel awkward.</p>	<p>What sense of purpose or responsibility do you have to guide your life?</p> <p>Why do you do what you do? Talking about this can help you remember and find joy in what you do.</p>
38	<p>What clubs and groups are you involved in at school or work? Do you feel a sense of community within these groups?</p> <p>Being surrounded by a supportive community can improve mental health.</p>	<p>Do you feel pressure to “fit in” at school or at work? Why or why not?</p> <p>Peer pressures can contribute to mental health challenges.<sup>19</sup></p>	<p>What do you see when you look in the mirror?</p> <p>Go deeper than just your reflection. Who are you, and how do you feel about yourself?</p>
39		<p>Do you feel like you have strong mental health knowledge? Why? What are some steps you can take to increase your mental health knowledge?</p> <p>This is important to understand your and others’ wellbeing and break down stigma.</p>	<p>If someone in your family was diagnosed with a mental health disorder, what could the biggest consequences would be?</p> <p>Mental health stigma can affect families. Sometimes it means feeling embarrassed, but it could also mean more serious things like losing your job.</p>
40	<p>How do you define the word “stigma”?</p> <p>Stigma is a significant barrier to having discussions or accessing care for mental health. What does it mean to you?</p>	<p>What are some stereotypes of people experiencing mental health challenges? Why aren’t these stereotypes true?</p> <p>Stereotypes are often discussed on TV, in the news, and among friends. Eliminating these</p>	<p>What kind of information do you think is important for adults to know if a youth is experiencing a mental health challenge?</p> <p>Do some research using trusted sources! Knowing what to do can improve and save</p>

		stereotypes helps break down stigma.	lives.
41	<p>When are you happiest? Name specific things that make you happy.</p> <p>Examples: Spending time with family, friends, or pets, cooking, painting, writing, etc.</p>	<p>What mental health laws exist in your state?</p> <p>This legislation often controls insurance coverage, required education, and mandatory resources available at school or work. If you're unsure, do some research!</p>	<p>Other than mental health, what are some other social issues or health conditions that have been stigmatized in the past? What societal changes helped reduce that stigma?</p> <p>Examples: divorce, AIDS, cancer, LGBTQ Examples of changes: policy, open discussion, research</p>
42	<p>How much face-to-face interaction do you get with others?</p> <p>Social interaction is important for having good health and a long life. Emotional support provided by social connections helps to reduce the effects of stress and can develop a sense of purpose.<sup>21</sup></p>	<p>How comfortable would you feel giving mental health advice to someone else? Why or why not?</p> <p>If someone were experiencing a mental health challenge and asked for your advice, would you know what to do? If not, do some research!</p>	
43		<p>What are some reasons depression may cause a large amount of money in lost productivity? Guess: Depression causes _____ dollars in lost productivity each year.</p> <p>\$17 to 44 billion dollars <sup>18</sup></p>	