

3 TOOLS TO

MASTER YOUR MINDSET

LESSON 1

TAKE CONTROL OF YOUR THOUGHTS | STRENGTHEN YOUR CALM

1 GROUNDING: 5-4-3-2-1 RESET

- ✓ 5 THINGS YOU SEE
- ✓ 4 THINGS YOU FEEL
- ✓ 3 THINGS YOU HEAR
- ✓ 2 THINGS YOU SMELL
- ✓ 1 THING YOU TASTE

TRY IT

POINT TO SOMETHING
YOU SEE RIGHT NOW.

2

BREATHWORK: SLOW IN, SLOW OUT

INHALE 4 SECONDS

EXHALE 6 SECONDS

TRY IT

DO 3 ROUNDS
WITH A FRIEND.

3

EMOTIONAL RESET ROUTINE

1. PAUSE
2. NAME YOUR EMOTION
3. CHOOSE YOUR NEXT BEST MOVE

TRY IT

I FEEL _____,
BECAUSE _____.

REFLECTION BOX

WHAT HELPS YOU
CALM DOWN THE
FASTEAST?

LESSONS & MESSAGE
BROUGHT TO YOU BY:



Healing Begins With Connections



BLACK BOYS BETTER

IMPACT OF BLACK MALE MENTAL HEALTH

LESSON 2

YOUR STORY MATTERS. YOUR MIND MATTERS.

DID YOU KNOW?

BLACK BOYS ARE TWICE AS LIKELY TO DIE BY SUICIDE AS WHITE BOYS.

MEN AND BOYS ACCOUNT FOR 80% OF THE ALMOST 50,000 SUICIDES EVERY YEAR IN AMERICA.

SUICIDE IS THE 2ND LEADING CAUSE OF DEATH FOR AGES 10-19.

SIGNS OF DEPRESSION:

ISOLATION

NOT TALKING OR SPENDING TIME WITH FRIENDS

OVERSLEEPING AND UNDERSLEEPING FOR LONG PERIODS OF TIME

CHRONIC ANGER AND UNHEALTHY AGGRESSION

NOT EATING

BAD HYGIENE

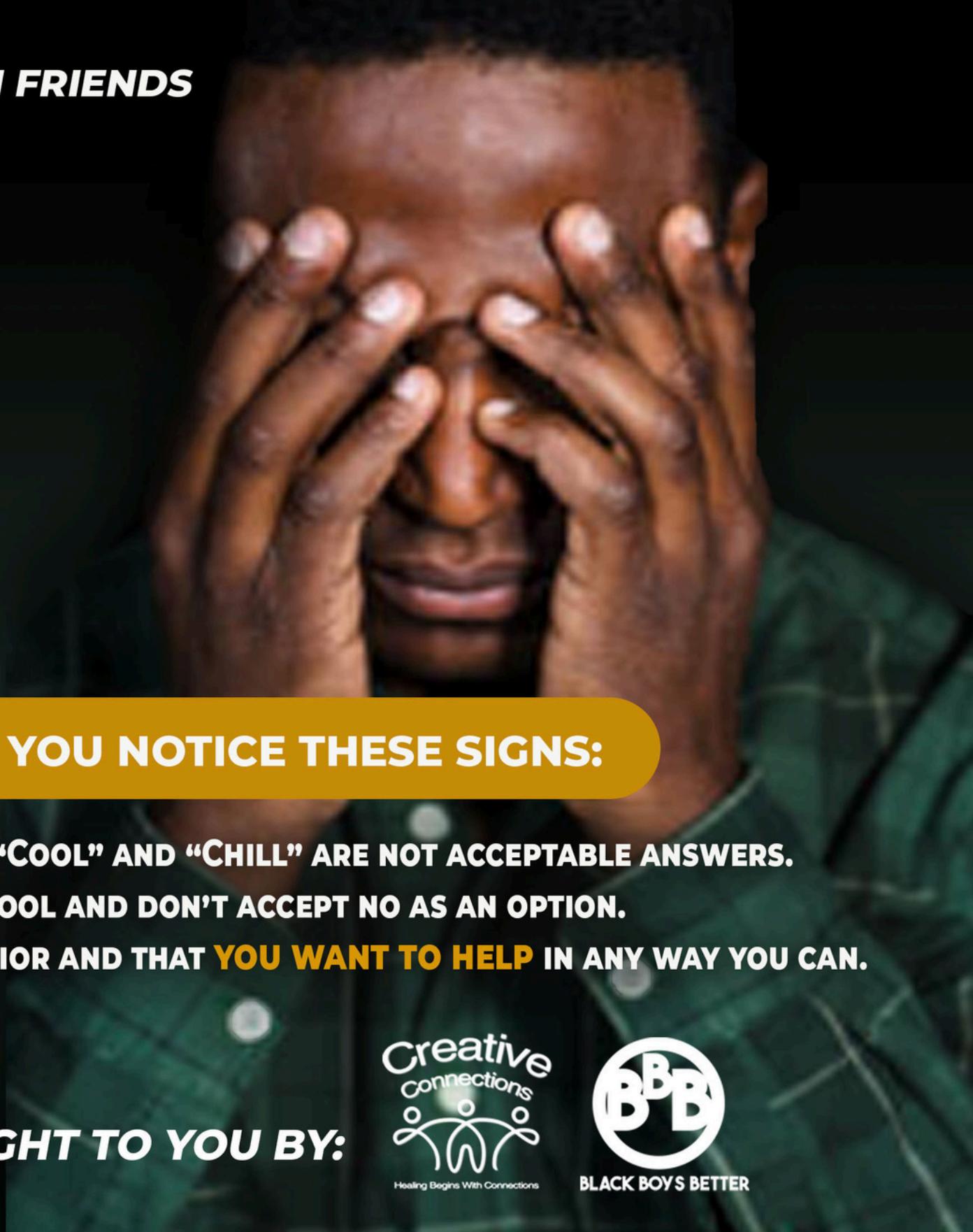
FREQUENT DRUG USE

"MENTAL HEALTH IS..."

- HOW I FEEL
- HOW I THINK
- HOW I ACT

STOP & THINK

WHY DO YOU THINK
BOYS
STAY SILENT
ABOUT THEIR PAIN?



CONSIDER DOING THIS IF YOU NOTICE THESE SIGNS:

ASK HIM HOW HE FEELS AND ACTUALLY LISTEN. "COOL" AND "CHILL" ARE NOT ACCEPTABLE ANSWERS.

INVITE HIM TO HANG OUT AFTER SCHOOL AND DON'T ACCEPT NO AS AN OPTION.

LET HIM KNOW THAT YOU'VE NOTICED CHANGED BEHAVIOR AND THAT YOU WANT TO HELP IN ANY WAY YOU CAN.

LESSONS & MESSAGE BROUGHT TO YOU BY:



WHERE I AM

LESSON 3

REGULATION → DYSREGULATION

KNOW YOUR STATE | CHANGE YOUR STATE.

THE 5 STATES OF THE AROUSAL IN THE BRAIN

STATE
CALM
ALERT
ALARM
FEAR
TERROR

WHAT IT FEELS LIKE
Relaxed, focused
Ready, watching
Worried, jumpy
Tense, hiding
Overwhelmed

TRY THIS

DEEP BREATHS
STRETCH + BREATHE
GROUNDING 5-4-3-2-1
SAFE PERSON CHECK-IN
ASK FOR HELP NOW

WHAT ARE YOU FEELING TODAY?

 CALM  ALERT  ALARM  FEAR  TERROR

WHAT WOULD HELP YOU MOVE ONE STEP CLOSER TO CALM?



LESSONS & MESSAGE BROUGHT TO YOU BY:



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BLACK BOYS BETTER

NO MICRO AGGRESSIONS

WORDS MATTER. TONE MATTERS. YOU MATTER.

What is a ...

MICRO AGGRESSION

= A STATEMENT OR ACTION THAT DISMISSES ANOTHER PERSON'S FEELINGS OR IDENTITY, OFTEN DISGUISED AS A JOKE.

EXAMPLES:

THROWING SHADE WITHOUT THINKING

- ✗ "YOU ACTING REAL SOFT."
- ✗ "YOU CRYING OVER THAT?"
- ✗ LOOKING AT YOUR PHONE WHILE SOMEONE TALKS.
- ✗ "I SEE YA LIL NEW PHONE."

TRY THIS INSTEAD

"YOU GOOD?"	"I HEAR YOU."
"TELL ME MORE."	"I LIKE YOUR NEW PHONE."

QUICK CHALLENGE

**WITH A PARTNER,
TAKE TURNS TURNING A
HURTFUL PHRASE INTO A
SUPPORTIVE PHRASE.**

LESSONS & MESSAGE BROUGHT TO YOU BY:



UNDERSTANDING ANGER

ANGER IS INFORMATION. NOT A PROBLEM.

What is a ...

3 LEVELS OF ANGER

ANNOYED **LEVEL 1**

THE FEELING OF IRRITATION DUE TO AN EXPERIENCE THAT DOESN'T FEEL GOOD.

ANGER **LEVEL 2**

A STRONG FEELING OF DISPLEASURE.

RAGE **LEVEL 3**

A DEEP FEELING OF DISPLEASURE THAT IS OFTEN UNCONTROLLABLE AND PUTS YOU AND OTHERS IN DANGER.

PROS OF ANGER

- ✓ HELPS YOU SET BOUNDARIES
- ✓ MOTIVATES ACTION
- ✓ SHOWS SOMETHING MATTERS

CONS OF UNCONTROLLED ANGER

- ✗ HURTS PEOPLE
- ✗ CAUSES REGRETS
- ✗ DAMAGES TRUST

STOP & TRY

“MY ANGER IS TELLING ME ____.”

LESSONS & MESSAGE BROUGHT TO YOU BY:



COMMUNITY & BELONGING

YOU BELONG HERE. YOUR PRESENCE MATTERS.

BELONGING MEANS:

- ✓ BEING SEEN
- ✓ BEING HEARD
- ✓ BEING SUPPORTED

LONELINESS IS REAL

61% OF YOUNG
PEOPLE FEEL LONELY
AT LEAST ONCE A WEEK.

WHO HELPS YOU
FEEL “NOT ALONE”?



BELONGING BUILDER ACTIVITY:

REFLECT ON
3 WAYS YOU
HELP OTHERS
FEEL INCLUDED.

LESSONS & MESSAGE BROUGHT TO YOU BY:



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BLACK BOYS BETTER

OPPIOIDS

KNOW THE FACTS

WHAT ARE OPIOIDS?

- ✓ POWERFUL PAIN MEDS.
- ✓ HELPFUL WHEN PRESCRIBED.
- ✓ DANGEROUS WHEN MISUSED.

MISUSE = RISK

TAKING PILLS NOT PRESCRIBED TO YOU
OR TAKING MORE THAN DIRECTED CAN
LEAD TO ADDICTION AND OVERDOSE.

EXAMPLES:

OXYCONTIN
FENTANYL
MORPHINE
HEROIN
PERCOCET
CODEINE

WARNING SIGNS

- ✓ NEEDING MORE TO FEEL THE SAME EFFECT
- ✓ MOOD OR BEHAVIOR CHANGES
- ✓ SLEEPINESS OR WITHDRAWAL

HEALTHIER WAYS TO COPE

EXERCISE • MUSIC • ART
TALKING TO SOMEONE
YOU TRUST

NEED HELP?

988 — CALL OR TEXT
1-800-662-HELP

HELP IS STRENGTH!

LESSONS & MESSAGE BROUGHT TO YOU BY:



BLACK BOYS BETTER