

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  
FASTEST?**

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:



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:



BLACK BOYS BETTER





# UNDERSTANDING ANGER

ANGER IS INFORMATION. NOT A PROBLEM.

## 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

## LONLINESS 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:





# OPIOIDS

## 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:

