

Handout 2

Be There for Yourself

🎥 Pyramid of Self Care Youtube Short →

Description and Transcript:

A young adult in a yellow sweatshirt points to six pieces of paper stuck to the wall in the shape of a pyramid. As the audio plays, they remove each piece of paper one at a time to reveal six different self-care strategies. As they do this, audio from a tv competition show plays:

- *“On the bottom, Paige. You were good, I’m waiting for you to be great.”*
 - #6 Going Outside
- *“And next, Kendall. You didn’t stick out to me.”*
 - #5 Making my Bed
- *“Next is Brooke”*
 - #4 Taking a Shower
- *“Next...Nia. You’re third on the pyramid and you were third overall high score”*
 - #3 Skin Care Routine
- *“And Mackenzie...”*
 - #2 Drinking Water
- *“Going three for three once again, is Maddie”*
 - #1 Karaoke

Task 1: Think-Pair-Share

1. Jay shares six activities that they find helpful for self-care. Why do you think that things like **going outside**, **making your bed**, or **taking a shower** are considered **self-care**? In what way(s) do they support mental health?

2. a) What are some **activities** or **strategies** that you use to help cope with stress?
- b) Of these strategies, are there any that you can do while **at school** - or **on your way to school** - if you are feeling stressed during the day?
3. Sometimes, even though we know these coping strategies work, we forget to implement them in our daily lives. What are some **tips** or **tricks** you can think of to help yourself or others remember to use these strategies when feeling stressed? **List** them below. *Example: Change your phone lock screen to include a message reminding you to take a sip of water before unlocking your phone.*
4. Do you think **visual reminders** of coping strategies posted around the school would be helpful to students?
- a. Why/why not?
- b. If yes, **what** might these look like? **Where** should they be posted to maximize reach?

Task 2: Build Your Own Pyramid

Step 1:

Brainstorm a list of activities that you think would be beneficial for your own self-care.

Aim for six activities (or more)!

-
-
-
-
-
-

Step 2:

Once you have completed Step 1, organize your self-care activities into a **pyramid**.

The activities closer to the **top** of the pyramid should be the ones that you think would have the **biggest positive impact** on you.

Suggestion: Write each activity on a sticky note or separate pieces of paper so you can move them around as you decide how you want your pyramid to look.

The diagram shows a pyramid structure with three levels. The top level consists of a single rectangular box. The middle level consists of two rectangular boxes placed side-by-side. The bottom level consists of three rectangular boxes placed side-by-side. This structure is intended for organizing self-care activities based on their perceived impact.