

## Youth ~ Get To Know You

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Family members in your household: \_\_\_\_\_

Age: \_\_\_\_\_ School: \_\_\_\_\_ Grade in School: \_\_\_\_\_

Do you enjoy school? \_\_\_\_\_ Why or why not? \_\_\_\_\_

\_\_\_\_\_

Extracurriculars/Sports/Hobbies: \_\_\_\_\_

How many hours do you regularly sleep per night? \_\_\_\_\_

Do you exercise regularly and if so what kind and how often?

\_\_\_\_\_

How would you describe your appetite (how often do you eat and how much per sitting)?

\_\_\_\_\_

Do you regularly take vitamins and if so which ones? \_\_\_\_\_

\_\_\_\_\_

Would you say your energy level is low, medium or high compared to the energy of those around you?

\_\_\_\_\_

How do you like to recharge when your energy feels too low? \_\_\_\_\_

\_\_\_\_\_

How do you like to bring your energy down when it feels too high? \_\_\_\_\_

\_\_\_\_\_

What sorts of things create stress in your life?

\_\_\_\_\_

\_\_\_\_\_

How often would you say you experience this?

\_\_\_\_\_

What makes you feel better when you're feeling stressed? (What is your process for working through it?)

\_\_\_\_\_

\_\_\_\_\_

What occurs in your body when you are stressed? (Where do you feel it in your body and how, what does it feel like?)

\_\_\_\_\_

List 5 people you admire who in your mind have it "together" and why.

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What does not having it together look like? Why? \_\_\_\_\_

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\_\_\_\_\_

List people who you believe do not have it together and why. \_\_\_\_\_

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List some coping tools or strategies used by your parents, family members, caregivers, teachers, coaches or other adults who you interact with regularly and whether you'd also use those and why.

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Name your resources or people, places, or things that help when you are feeling stress:

People: \_\_\_\_\_

Places: \_\_\_\_\_

Things: \_\_\_\_\_

Name at least 10 things you like about yourself and why. \_\_\_\_\_

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If I asked you to tell me about yourself, how would you describe yourself? \_\_\_\_\_

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Name at least 10 things you like about life and why. \_\_\_\_\_

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If I asked you to tell me about life, how would you describe it?

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What makes you happiest? \_\_\_\_\_

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What is your automatic/easy happy button (something that always, without fail brings a smile to your face)?

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What activity brings you the most joy? How often do you do this activity and why?

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Name 3 people who fill you up, make you happy, or who you feel deeply safe with, and why.

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Name 3 places that fill you up, make you happy or where you feel deeply safe, and why.

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If you were to describe your perfect day, what would it look like? Who, what and where would that include?

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List all of your favorite things: \_\_\_\_\_

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If you had to list your responsibilities, what would they be? After reviewing this list, rate them as (1) required/necessary, (2) desired but not required, or (3) not necessary at all/not desired, and why for each.

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What are your goals for **school**? \_\_\_\_\_

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What are your goals for **this year**? \_\_\_\_\_

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What are your goals for **this month**? \_\_\_\_\_

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What are your goals for **this week**? \_\_\_\_\_

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What are your goals for **today**? \_\_\_\_\_

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Are they all yours, or someone else's? \_\_\_\_\_

\_\_\_\_\_

What steps are you taking toward these goals? Do you feel these goals are attainable?

\_\_\_\_\_

\_\_\_\_\_

When you feel you are most yourself, what are you usually doing? Where are you? Who are you with?

\_\_\_\_\_

\_\_\_\_\_

When you feel you are not yourself, what are you usually doing? Where are you? Who are you with?

\_\_\_\_\_

\_\_\_\_\_

Name 5 things that are on your mind a lot, maybe on repeat during the day, or daily.

\_\_\_\_\_

\_\_\_\_\_

Is there anything you could really use help with? \_\_\_\_\_

\_\_\_\_\_

If so, have you asked, and why/why not?

\_\_\_\_\_

Is there anything you'd like to let go of? If so, why?

\_\_\_\_\_

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\_\_\_\_\_

List 10 things you are grateful for that easily come to mind.

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Now list 5 more things you are grateful for that you might have to reach for or think about.

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Have you ever practiced focused breathing, meditation or mindfulness techniques and if so, which ones, and for what purpose?

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Do you have a spiritual practice? (A spiritual practice does not necessarily have to be a religious practice. If it feels spiritual to be outside in nature or to meditate and connect with the higher self, these are also examples of spiritual practices.) If so, please describe that here.

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## **OUR TOOLS.....**

### **Some Breathing Techniques I Know:**

#### 5 Finger Breathing:

Using our belly breathing (diaphragmatic breathing), begin breathing in while tracing with the pointer finger of the right hand up the thumb of the left hand while breathing in, then down the thumb breathing up, then up the pointer while breathing in, then down the pointer while breathing out, then up the middle finger while breathing in, then down the middle while breathing out, then up the ring finger while breathing in, then down the ring finger while breathing out, then up the pinky finger while breathing in, then down the pinky finger while breathing out.

Example: <https://youtu.be/67JDaNcX3gE?si=rkER2cwpP1L4r71o>

#### 4 Square Breathing:

Tracing a square with your finger, use belly breathing and inhale to a count of 4 while tracing your finger along the side of the square, hold breath along the next side to a count of 4, exhale along the next side to a count of 4, and hold breath along the final side to a count of 4. Begin the cycle again on the next side with an inhale to a count of 4 and continue for as many cycles as feels helpful.

Example: [https://youtu.be/jsrf\\_lultRQ?si=4dXloVC3LNKfp-22](https://youtu.be/jsrf_lultRQ?si=4dXloVC3LNKfp-22)

#### Belly Breathing:

Place one hand on the belly. As you breathe in through your nose expand your belly like a balloon drawing your breath into this area of the body first, then filling your lungs with oxygen second. Feel your hand move away from your body as your belly expands. If you like you may also place one hand on your heart to feel your lungs and chest expand with breath as well. Then feel these areas deflate or contract as you exhale and empty your belly and lungs of air. Repeat and continue relaxing your belly as you breathe in and also feeling your shoulders and neck relax as well as you breathe deeply in this way for as long as feels helpful.

Example: [https://youtu.be/OXjIR4mXxSk?si=XshS\\_KrmcRwlitjp](https://youtu.be/OXjIR4mXxSk?si=XshS_KrmcRwlitjp)

#### **Grounding Tools I Know:**

##### Tapping the Stomach Meridian Points:

Using the finger pads of each hand, gently but firmly thump or tap the area of the face below the eyes at the cheek bones. Breathe deeply and feel your body become more grounded as you tap these meridian points.

Example: <https://youtu.be/GH9cw5lJT64?si=ysP60itW01q6jslm>

##### Earthing:

Walk barefoot in grass, dirt or flowing water daily for 10-15 minutes to ground the body.

Informational video: [https://youtu.be/sqB1EbJWKXU?si=IV2COjzQ\\_432gjHP](https://youtu.be/sqB1EbJWKXU?si=IV2COjzQ_432gjHP)

##### Spoon the feet:

Using the flat side of a stainless steel spoon, rub the bottoms of the feet several times for around 2 minutes.

Example: <https://youtu.be/Fm61qRyV9gY?si=tQZOLtPY2DIYApc4>



### Grounding in Water:

Stand in flowing water such as a river or lake or ocean.

Example: [https://youtu.be/Um1TBxVx7\\_U?si=vuGRpqqU5Zcy\\_KCs](https://youtu.be/Um1TBxVx7_U?si=vuGRpqqU5Zcy_KCs)

See 5, Feel 4, Hear 3, Smell 2, Taste 1: This mindfulness technique brings you into the present moment quickly and relaxes you. Begin by taking 3 deep breaths. Next, notice and name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste. If you don't feel completely relaxed after, repeat the process again.

Example: <https://youtu.be/-MTU8PPTRSc?si=Wc3cf9lp86EuRcMG>

### Visual Cues:

Use visual cues to signal to the mind and body that you are alright, that the task is almost complete, that your responsibility or struggle or work load is coming to an end. Such as when you're on a run and see Johnson Street you know you only have 1 more mile to go. Or when you're working on a project and your paper is complete except for the conclusion, you can celebrate that you only need write your conclusion to be complete. Find visual clues for yourself for each situation to help signal to your system that there is a light at the end of the tunnel and you're coming into home plate!

### Vocal Cues:

You can use vocal cues to signal to your body that you can complete or finish a task or that you can regain focus or drive or motivation during an important game or match. When you feel as though your focus is waning you can use a vocal cue that you have predesigned to bring you back into the moment. Such vocal cues can be as simple as,

I've Got This.

I'm here, I'm here, I'm here.

Right back in it, I'm right back in it.

Almost there, almost there.

I can do this all day.

## **Relaxing/Calming Tools I Know:**

### EFT Tapping:

Using specific sequence of tapping points along the body and speaking through an issue while tapping these points you can bring about feelings of calm and resolution to your problem. Begin by tapping on the karate chop point of the hand while repeating your problem out loud and then affirming that even though this problem is happening right now, you completely accept yourself. Then move through tapping points along the inner eyebrows, then the outside of the eyes, then the cheek bones, then under the nose above the lip, then below the lip, then under the armpit below the rib cage, then the crown of the head, all the while talking through your problem and shifting perspective from one of struggle to potential solutions along with continued self love. When you arrive at the final tapping point take 3 deep breaths and feel if your struggle has lessened. Repeat another round if necessary.

Example: <https://youtu.be/02bN4JFx10Y?si=coG3LHmtYnEMg94C>

Info: <https://youtu.be/TnbRcO43CD8?si=gXXiCpLopf2yxxiW>

### Positive Self Talk:

Use affirmations or positive self talk to bring you out of negativity, worry or stress. Positive affirmations can be tailored to your specific situation. Some positive self talk can include...

I've got this.

I already have everything I need within me to handle this situation.

I am perfect just as I am.

All the resources I need are coming to me as I speak.

God is with me always.

I am stronger than I even know.

Everything in life is temporary, this too shall pass, and I can move through this.

Example: [https://youtu.be/71\\_NkXgAK1g?si=DxmEvv3dkDZ0sRH9](https://youtu.be/71_NkXgAK1g?si=DxmEvv3dkDZ0sRH9)

### Bilateral Butterfly Hug and Tap:

This tool regulates emotions by utilizing both sides of the brain while connecting hands at the chest in a butterfly motion and tapping either side of the chest rhythmically and repeating a positive affirmation.

Example: <https://youtu.be/iGGJrqscvtU?si=plvFbZbmug9-7hAy>

#### Shake and Dance:

Begin by taking deep breaths. Then allow your body to begin to move and shake and even dance to release stress and cortisol and unhelpful thoughts.

Example: [https://youtu.be/ORRdf\\_nLc\\_l?si=MHD3-dQBB-j4aXZ3](https://youtu.be/ORRdf_nLc_l?si=MHD3-dQBB-j4aXZ3)

#### Hand on Forehead:

Bringing the hands to the forehead causes blood flow and energy to flow to the prefrontal cortex or reasoning part of the brain and away from the limbic brain or the fight or flight area of the brain. Simply bring the whole hand and lay it sideways across the forehead, close your eyes and breathe deeply for a few minutes and feel your brain come back on line. Or you can bring both palms to the forehead and rest your forehead in the palms of your hands and breathe deeply. This moves us out of panic and into rational thinking.

Example: <https://youtu.be/kU3san9Z84U?si=bvDmbdTzej1Nlw3T>

### **Health Tools I Know:**

#### The Energy Routine:

Donna Eden's Daily Energy Routine ensures that your immune system, your digestive system, your body's cleansing and clearing system and many more are all up and running and vibrant and strong!

Info Video: <https://youtu.be/Di5Ua44iuXc?si=DcWrcqC2-mbFcBxK>