



LFS  
**COLORADO SPIRIT**  
Wellness Program  
Of Lutheran Family Services Rocky Mountains

## Hello!

The LFS Colorado Spirit team has prepared care packages to remind us all to find time to take care of ourselves. We hope you enjoy these activities and that they motivate you to find opportunities to dive deeper into topics.

The LFS Colorado Spirit is a short-term program that is working to provide support to our community as we handle the current challenges. Our team is here to listen and guide you through the feelings, stressors and emotions you may be experiencing right now.

**All our services are free, anonymous and conducted by phone. Translation is available upon request!**

**If you find yourself in need of someone to go through any activities or prompts with, don't hesitate to give us a call our team is here for you if you need a wellness buddy or just a listening ear!**

# Self-Care Tips

**Self-care means taking time to do things you enjoy.** Usually, self-care involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book, or as big as taking a vacation.

**Self-care also means taking care of yourself.** This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.

**Make self-care a priority.** There will always be other things to do, but don't let these interrupt the time you set aside for self-care. Self-care should be given the same importance as other responsibilities.

**Set specific self-care goals.** It's difficult to follow through with vague goals, such as "I will take more time for self-care". Instead, try something specific, such as "I will walk for 30 minutes every evening after dinner".

**Make self-care a habit.** Just like eating one apple doesn't eliminate health problems, using self-care just once won't have much effect on reducing stress. Choose activities that you can do often, and that you will stick with.

**Set boundaries to protect your self-care.** You don't need a major obligation to say "no" to others—your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.

**A few minutes of self-care is better than no self-care.** Set an alarm reminding you to take regular breaks, even if it's just a walk around the block, or an uninterrupted snack. Oftentimes, stepping away will energize you to work more efficiently when you return.

**Unhealthy activities don't count as self-care.** Substance use, over-eating, and other unhealthy behaviors might hide uncomfortable emotions temporarily, but they cause more problems in the long run.

**Keep up with self-care, even when you're feeling good.** Doing so will keep you in a healthy routine. Plus, self-care might be part of the reason *why* you're feeling good!

# Stress Exploration

## Factors that Contribute to Stress

Describe your biggest stressors in each of the following categories and rate them on a scale of 1-10, where 1 is "a little stressful" and 10 is "extremely stressful."

### Daily Hassles

Common annoyances or strains of daily life.

*Examples: traffic, chores, work problems, lack of sleep, homework, limited free time, argument with partner*

	rating
1	
2	
3	
4	

### Major Life Changes

Important events, both positive and negative, that require significant adjustment.

*Examples: birth of a child, separation or divorce, new job, death of a loved one, moving, major illness / injury*

	rating
1	
2	
3	
4	

### Life Circumstances

Permanent or long-term circumstances that make life more difficult.

*Examples: poverty or financial problems, disability, chronic illness, conflictual relationships, values that conflict with culture, discrimination, job dissatisfaction, living somewhere unsafe*

	rating
1	
2	
3	
4	

# Stress Exploration

## Factors that Protect Against Stress

Describe the things in your life that counteract stress.

### Daily Uplifts

Positive experiences that make you happy.

*Examples: eating a good meal, spending time with friends, leisure activities, spending time in nature*

1
2
3
4

### Healthy Coping Strategies

Positive actions that help to reduce or manage stress and other uncomfortable emotions.

*Examples: exercise, talking about problems, self-care, journaling, relaxation techniques*

1
2
3
4

### Protective Factors

Individual characteristics or life circumstances that protect you from stress.

*Examples: financial stability, good physical health, supportive family, motivation to succeed, education*

1
2
3
4

# Self Care Wheel

The self care wheel helps us identify areas in our life that support our well-being. We've included a few examples below and hope they inspire you to pick and choose what will work best for you.

School

Physical

Enviromental

Community  
and  
Activism

Cultural

Family  
and  
Friends

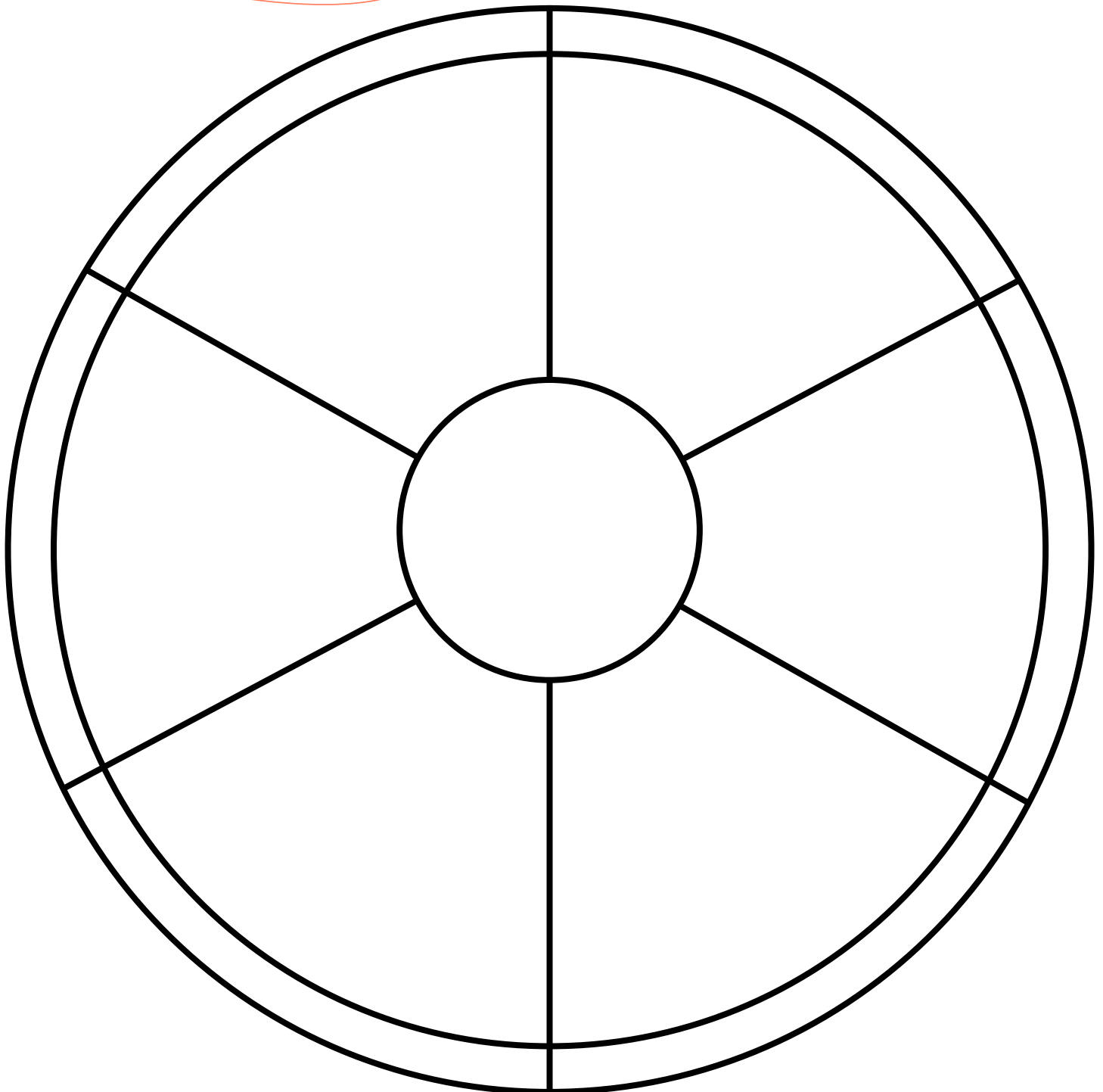
Spirituality

Emotional

Creativity

# Self Care Wheel

The self care wheel helps us identify areas in our life that help us replenish ourselves when we are feeling stressed out. Fill your outer circle with your selections from the previous page and your inner circle with activities for reach area.



# Weekly Self Care Routine

My self care goal:

Daily Focus:(Remember, small steps every day make a BIG difference)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Favorite Accomplishments This Week:

# Self Care Goal

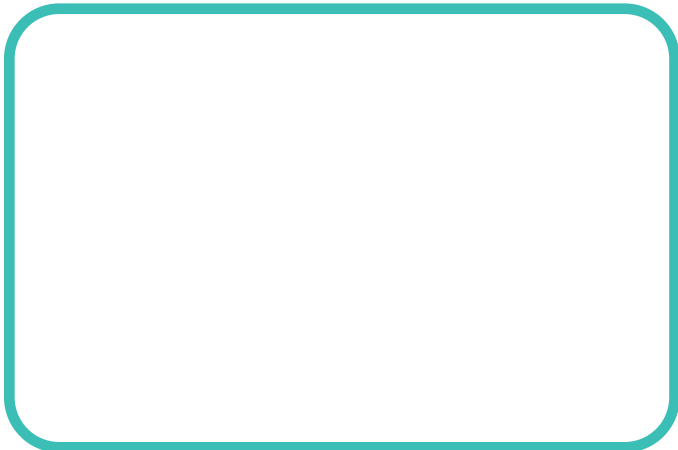
**My self care goal:**



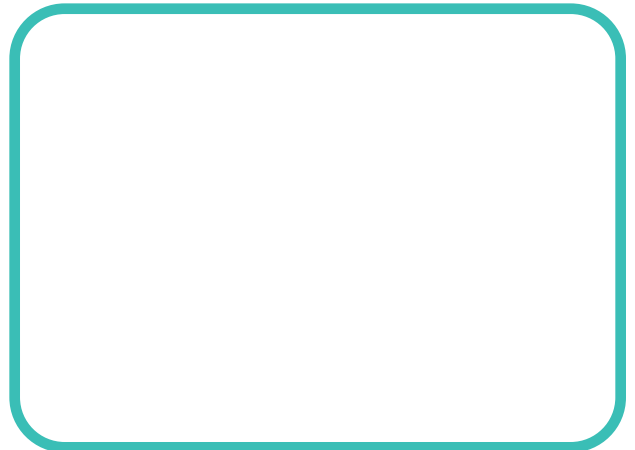
**Steps to take:**




**Potential Obstacles:**



**How I Can Respond  
to these Obstacles:**



**How I Will Celebrate My Wins:**





# Weekly Planner

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>Sunday</b>

**This Week's Priorities**

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**Self Care Activities**

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# Self Advocacy Prompts

**Did I speak up for myself this week?**

**How do I feel when I speak up for myself vs. for a friend?**

**Did I get all the information I need to make an informed choice?**

**On a scale of 1-10, how comfortable does it feel to ask for help?**

**What responsibilities do I have?**

**Who is the fiercest advocate in my life?**

# Daily Challenges



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**Everyday: Do 30 jumping jacks or 15 burpees**

**Monday: Write a gratitude list!**

**Tuesday: Find a sunny spot to have a quick break with a nice snack or warm drink.**

**Wednesday: Write a journal entry!  
See the attached journal prompt list for some ideas!**

**Thursday: Take time away from your computer and phone when your school day is over and enjoy a digital break.**

**Friday: Organize a family or friend night to try something new and fun!**

# 29 CREATIVE JOURNAL PROMPTS FOR TEENS

1. Have you ever had to have a really difficult conversation with someone? How did you handle it?
2. If you could spend a day with one of your ancestors, what would you ask them?
3. What brings you the most joy?
4. Write about a time when you admired the way someone took the lead in a difficult situation.
5. You have to relive an entire year of your life. Which year would you pick and what would you do differently?
6. Do you prefer to be in the spotlight or behind the scenes? Do you ever make an exception?
7. It's graduation day. What words of wisdom do you have for your younger self? What's the first thing you're going to do after the ceremony?
8. If you could live in the fictional world of any book or series, which one would you choose and why?
9. Are you a saver or a spender? In what ways does this habit help you or hold you back?
10. You're stuck in an elevator. Who would you most want to be stuck with? What would you talk about?
11. Think of an area in your hometown that needs improvement. What would you do to transform it? Describe what it would look like after.
12. If you could change three things about the world, what would you change and why?
13. What effect do you think social media has on you and the people around you?
14. What do you want to be remembered for?
15. You want to get a summer job to help earn money for college. Based on your talents, what job would you be best suited for?
16. You've just won \$10,000. Make a list telling how you will use it.
17. What are the best ways to give back to your community?
18. What is one thing your parents do now that you will never do when you have children?
19. What motivates you the most?
20. Do you think our society values personal privacy enough? Why or why not?
21. If you could travel to any time, past or future, what year would you go to? What or who would you want to see or learn about?
22. What's your funniest memory from your childhood?
23. Are you usually on time, late, or early? What does this say about you?
24. When you hang out with your friends, do you prefer to stay at home or go out? What are your favorite things to do together?
25. Which fictional character do you relate to the most? Describe the similarities between them and you.
26. Oprah Winfrey has just called you for an interview. What does she ask you about? Write down how your conversation might go.
27. Write a letter to your future self.
28. Someone has just offered you a bus to convert into your own personal hangout space. Describe what you would do to convert it into a perfect space for you.
29. If you could be an expert on any topic in the world, what would you choose and how would you use your expertise?

# Grounding Exercise

Below is a breathing based grounding exercise. Breathing exercises can be practiced anywhere. If you feel anxious when you are out and about, or need to refresh yourself during the work day, breath work is a great way to add some relaxation to your day.

## 4-7-8 Breathing

**Breathe in for 4 seconds.**

**Hold Breath for 7 seconds**

**Breathe out for 8 seconds.**

**Optional: Repeat 3x or 5x for deeper relaxation!**

# MENTAL WELLNESS SUPPORT FOR COVID-19

Sign up with our QR code!



## Empower yourself with resources to overcome the challenges you face

It's important to find support if you're feeling heightened stress and uncertainty brought on by the current coronavirus (COVID-19). myStrength's web and mobile tools are safe, secure and personalized – just for you.

Choose from over a dozen activities, including:



Strategies to manage  
heightened stress



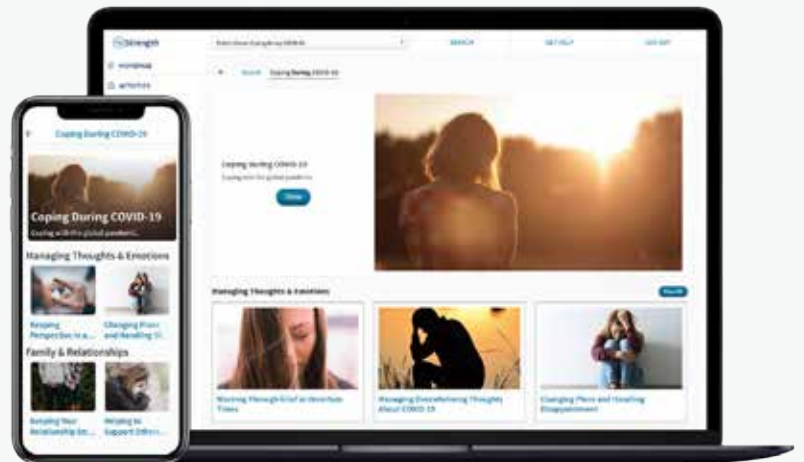
Tips for parenting during  
challenging times



Ideas to manage  
social isolation



Other tools and information  
for emotional support



### SIGN UP TODAY

1. Visit [www.mystrength.com](http://www.mystrength.com) and click on "Sign Up."
2. Enter the **Access Code** marked below.
3. Complete the myStrength sign-up process and personal profile.

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Go Mobile! Download the **myStrength** mobile app, log in,  
and get started today.

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# We're Here For You!

## The LFS Colorado Spirit Wellness Program

is helping our communities recover. Support for your well-being is available for anyone struggling with pandemic-related stress.

We work with people living in the city and county of Denver. We work with you to get the support you need by taking the time to understand your unique challenges, identify and enhance your existing strengths, and connect you to the right resources.

## Anyone can access our free, anonymous services.

Including, individual, couples, families, children, teens, and adults. Resources are also available to community organizations and professionals.



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[www.lfswellness.org](http://www.lfswellness.org)

## Ways We Can Support:

Skills to manage & reduce stress

Connection to critical resources

Helpful ways to deal with anxiety, depression, and uncertainty

Create a plan to address your unique needs

Coping with grief and loss related to COVID-19

## Scan For Free MyStrength APP



Call Us At:

**(303)217-5845**  
(Denver)



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