

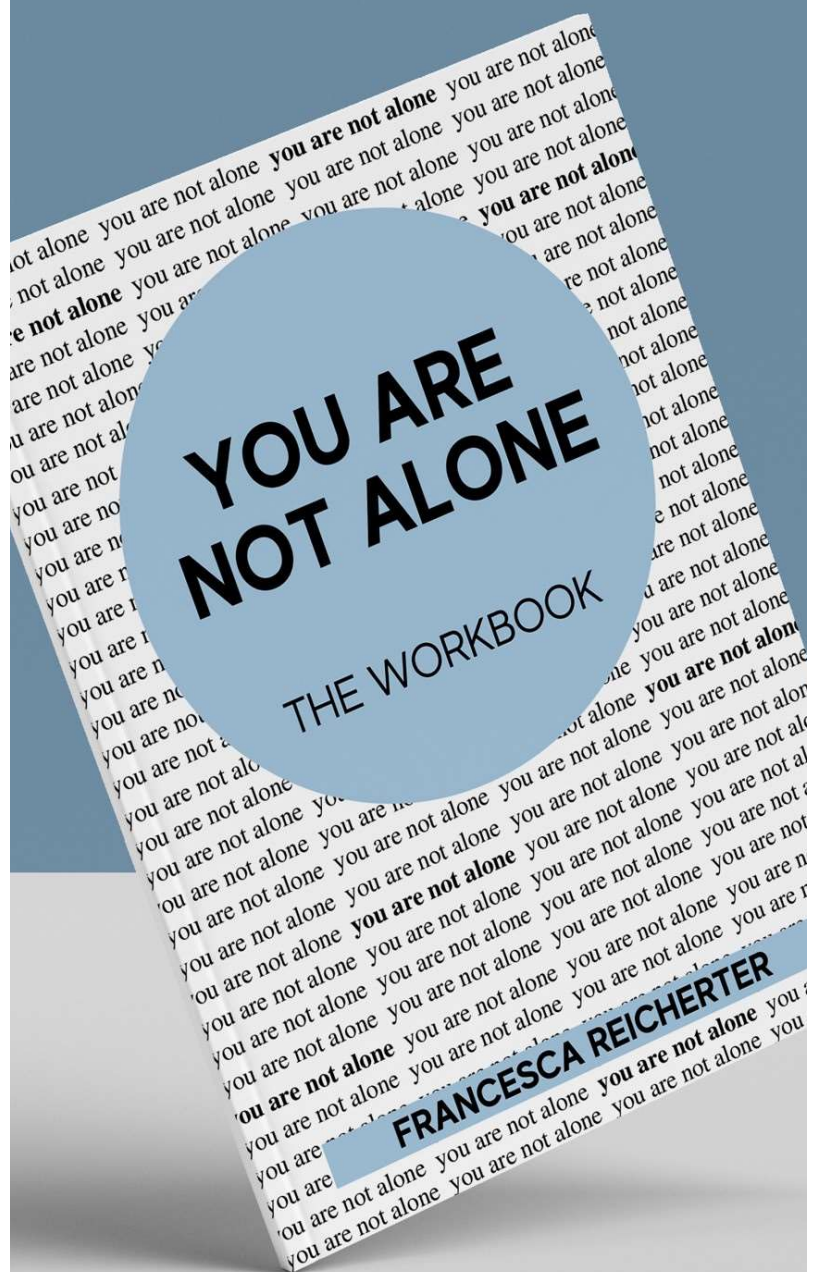
YOU ARE NOT ALONE: THE WORKBOOK

You Are Not Alone: The Workbook is the first workbook of Inspiring My Generation's Educational Series.

The workbook is broken up into 4 main sections:

- Affirmations
- Mental Health/Emotions
- Coping Mechanisms
- Emotional Wellness Toolbox

Disclaimer: This workbook was not produced by a licensed medical professional and does not replace any form of mental health treatment.



For more information, contact info@inspiringmygeneration.org

Complete Description of "You Are Not Alone: The Workbook"

You Are Not Alone: The Workbook was developed as a resource to help our youth build essential skills in maintaining mental wellness. This specific workbook focuses on affirmations, self-love, effective conversations, emotional expression, and coping skills.

Affirmations are introduced as a way to emotionally support yourself and to be kind to yourself. The intention is to help the reader build affirmations that make them feel good about who they are. Affirmations are used as coloring pages throughout the workbook to serve as a constant reminder of how you can speak to yourself.

Self-love is introduced as a choice to love yourself for who you are inside not for what people see on the outside. It discusses loving yourself by trusting yourself, giving yourself a break, celebrating your accomplishments, listening to how you feel, saying no when uncomfortable, and standing up for yourself. The intention is to help the reader determine why they love themselves and how they can love themselves.

Effective Conversations are introduced in a five-step process: Check in with yourself first, ask non-judgmental open-ended questions, actively listen, validate feelings, and follow up. The intention is to teach the reader how to create a safe space for themselves and others. The workbook contains two practice exercises, one of which involves practicing with another person.

Emotional Expression is introduced as a concept where you can express different emotions in different ways. For example, if you cannot find the words, you can express them through writing, moving, singing, and more. The intention is to help the reader understand different ways to share what they are experiencing inside.

Coping Skills are introduced as a way to manage overwhelming emotions. There are sample coping skills listed as well as a practice exercise to help the reader determine which coping skills they already use and different ones they can put into their toolbox. The intention is for the reader to understand that different coping skills will work for different people at different times and to identify which ones may work for them.