



ARE YOU SALTY...

strong, authentic, legendary, true, youthful?

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STRONG



Be physically, emotionally, mentally, and spiritually strong.

Tips to **demonstrate** strength:

1. Ask for Help
2. Breathing Exercises
3. Healthy Eating and Physical Exercise
4. Gaining New Skills and Knowledge



LEGENDARY

Make your mark on the world.

Some ways you can **practice** being legendary is:

1. Building Character
2. Encouraging Others
3. Helping at Home, School, Community
4. Stand Up for Others



YOUTHFUL

Have fun, energy, and enthusiasm.

Tips to **continue** to be and **think** youthful are to:

1. Attitude of Gratitude
2. Dance, Yoga, Hiking
3. Enjoy and Continue to do Fun and Positive Hobbies
4. Stay Active

AUTHENTIC



Show up as your true self. Learn how to express yourself.

Some ways to **practice** authenticity is to identify your feelings/emotions through

1. Creative Expression (Painting, Music, Dancing)
2. Learn Emotional Words
3. Journaling
4. Speaking Up for Yourself

TRUE



Stay accountable and have integrity by surrounding yourself with a positive group of friends or community.

Some ways you can **identify** a positive group of friends or community is:

1. Dependable
2. Good Listeners
3. Healthy Connection
4. Honesty

*Many of these exercises can reduce stress, and even decrease health decline and improve overall well-being.



RESOURCES

Here are some helpful resources to help you engage in the activities listed on the front page. Please reach out to a trusted, responsible adult or friend if you are having trouble engaging in these exercises.

Trusted Parent or Caregiver

They can connect you to the appropriate professional or resource you need to support you.

Trusted School Staff / Community Members

Teachers, Counselors, Principals, Deans, Coaches, Youth Leaders, Mentors, Employers: Check with your school or support system to learn about resources to help you stay SALTY.

Teen Line

1-800-TLC- Teen (852-8336)

A teen-to-teen confidential helpline open from 6-10 pm every night

Text "teen" to 839863

Love is Respect

Visit www.loveisrespect.org/, text "LOVEIS" to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationships

Calm.com

Free website and mobile app with guided meditation and relaxation exercises.

Headspace

"Meditation made simple." This app has a free introductory period, after which it requires a paid subscription to continue to use.