

Tool-Box - Session 2

1. Opening Up and Presenting Yourself to the World

Song: Behind These Hazel Eyes - Kelly Clarkson

"I told you everything Opened up and let you in You made me feel alright for once in my life"

2. The feeling of being safe with loving people

Song: One More Light - Linkin Park

"Who cares if one more light goes out? Well I do."

3. It is hard to talk about difficult things, but together we will be safe and sound.

Song: Safe and Sound - Capital Cities

"Even in a hurricane of frowns I know that we'll be safe and sound"

4. Finding joy, happiness, and love from loss. Life isn't always bad.

Song: Good Life - One Republic

"Oh, this has gotta be the good life This has gotta be the good life"

5. Self Love and Acceptance

Song: Born This Way - Lady Gaga

"There's nothing wrong with loving who you are" She said, "Cause he made you perfect, babe"

6. There is light at the end of the tunnel

Song: Better Days - One Republic

"Oh, I know that there'll be better days Oh, that sunshine 'bout to come my way"

Toolbox - Photo Collage

Sometimes you just **can't** describe how you are feeling... in words

But in pictures... you **can**

For example: In the picture of the black and white American flag it represents how yes, our country promises “liberty and justice for all” but right now, that is not the case, and America is not showing its **true** colors.

This description also applied with the black and white firework, which was on July 4th.

Another example is of the basketball hoop with light focused on it. It represents how sometimes things are more than they seem. Basketball represents an escape for me sometimes and the light acts itself as light at the end of the tunnel.



TOOLBOX - Calming Down



Safe Place/ Quiet +

I listen to music to ground myself.

Please &
Thank you



I treat others w/
Kindness



Listening

I listen to my needs

Empathy

I care for myself & others



Garbage

I can let things go

Apology &
forgiveness

I can forgive and admit mistake!



Courage

I can learn to not be shy



1.

LETTING GO OF THE PAST AND
LOOKING FORWARD TO THE FUTURE -
MATILDA BY HARRY STYLES

You can let it go

You can throw a party full of everyone you know

You can start a family who will always show you love

2.

SELF LOVE - POV BY ARIANA GRANDE

I wanna love me

The way that you love me

3.

VALUING GOOD MOMENTS IN LIFE.
EVEN THE SMALL ONES - LAST HOPE
BY PARAMORE

It's just a spark but it's enough to keep me going

And when it's dark out and no one's around it keeps

glowing

4.

EMOTIONS ARE A NORMAL HUMAN
TRAIT- I AM NOT A ROBOT BY
MARINA

I'm vulnerable

I am not a robot

5.

UNAPOLOGETICALLY SPEAKING MY TRUTH -
BIRD SET FREE BY SIA

And I don't care if I sing off key

I find myself in my melodies. I sing for love, I sing for me

I shout it out like a bird set free

6.

PANSEXUAL PRIDE - THE KIND OF OVER I AM
BY DEMI LOVATO

Doesn't matter, you're a woman or a man

That's the kind of lover I am (or you can be anything in-between)

You can safely put your heart in my hands

That's the kind of lover I am

If I'm feeling exhausted + drained:
order food + watch my fav show!



reminder:
it's okay
to cry
it out!

If I'm feeling sad:

talk to my mom



If I'm feeling lonely:
ask a new/
different friend
to hang out!

hey, would u want to
go get ice cream w/ me tonight?

I would love to!

mental health
toolbox

If I'm
feeling
overwhelmed:
Journal to
write my thoughts
out



No matter
what I'm feeling:
There's music
that can fit
my mood



