

WELL-BEING SCAVENGER HUNT

FACILITATOR VERSION

Visit <https://www.nimh.nih.gov/health/statistics/mental-illness>

What percentage of youth aged 13–18 have had any mental disorder?

Answer: 49.5%

Takeaway Point: Mental illness is common and nothing to be ashamed about.

Visit <https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>

What are some impacts of mental health on physical health?

Answers: Poor mental health can disrupt your ability to think clearly, make healthy decisions, and fight off chronic diseases. Neglecting mental health can lead to severe health conditions such as heart disease and high blood pressure.

Read the article on this website: <https://kidshealth.org/en/teens/positive-emotions.html>

What are three ways to increase positive emotions?

Answers: Identify and track positive emotions, focus on a specific positive emotion and act to increase it, and use a positivity treasure chest to give yourself a boost.

Read <https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors>

Do you know the warning signs of too much stress? List three of the signs that could mean you have too much stress.

Answers: Eating or sleeping too much or too little, pulling away from people, having low energy, having stomachaches or headaches, feeling helpless or hopeless, worrying a lot, feeling guilty, thinking of hurting yourself or someone, being less interested in school or other things, having conflict, difficulty concentrating, being disruptive, or alcohol or drug use.

Go to <https://www.samhsa.gov/>

What 3-digit number can you call if you're experiencing emotional distress?

Answer: 988 (Suicide and Crisis Lifeline)

Go to <https://www.apa.org/topics/child-development/stress>

Sleeping is essential not only for your body to rest but for your mind to rest as well! Sleep needs to be a priority to keep your stress in check. **How many hours of sleep a night do teens need?**

Answer: 8–10 hours a night.

Read this article: <https://kidshealth.org/en/teens/stress-situations.html>

We experience stressful situations every day. **What are three steps you can take to cope with stressful situations?**

Answer: Understand the situation, commit to a positive attitude, and take action.

Read: <https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know>

Your brain is undergoing big and important changes as you go through adolescence. **When does the brain finish maturing?**

Answer: Mid- to late-20s.

Go to: <https://seizetheawkward.org/conversation/starting-the-conversation>

Sometimes it can be difficult to figure out how to have difficult conversations with your friends and peers about mental health. **What are some ways to start conversations with your friends about mental health?**

Answers: Ask a friend to play a pick-up game of your favorite sport, casually ask questions while playing an online game together, invite them to grab food after class, ask “what’s up” in a DM or text, use a shared hobby as an opportunity to check in, or invite them to go on a walk or take a drive around the neighborhood.



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