

# GIRLS GROUP

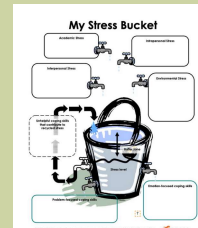


## Overview

We developed skills and self-confidence to support our ability to navigate transitions, challenges, interpersonal problems, and busy schedules. We learned about: 1) Stress, 2) Cognitive-Behavioral skills, 3) Relaxation Techniques, 4) Friendships, and 5) Time Management.

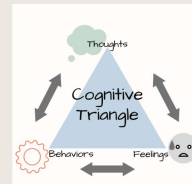
## Stress

- Types of stress
  - **Good stress** leads to focus, learning, remembering new things
  - **Bad stress** or too much stress can effect our physical and mental health.
- Recognizing stress
  - Bodily cues, emotions, and behaviors/actions
- **Stress tolerance** is how much stress we can tolerate and is related to: 1) our amount of stress, and 2) our available coping strategies (My Stress Bucket)



## Cognitive-Behavioral Skills

- **Thoughts** are the words that run through your mind. They're the things you tell yourself about what's going on around you.
- **Feelings** come and go as different things happen to you. Some feelings are uncomfortable, but they are not bad.
- **Actions/Behaviors** are the things you do, or the way you behave. Your thoughts and feelings have a big impact on how you act.
- **Thinking traps:** 1) Ignoring the good, 2) Blowing things up, 3) Fortune telling, 4) Mind reading, 5) Negative labelling, 6) Setting the bar too high, 7) Self-blaming, 8) Feelings as facts, 9) "Should" statements
- **Positive self-talk:** Using positive self-affirmations to help remind ourselves about the things we like about ourselves (e.g., "I am kind")



## Relaxation Techniques

**Mindfulness:** Non-judgmental awareness or attention to the present moment



**Yoga:** A way to practice mindfulness while moving the body



## Relationships

- Communication styles
  - Aggressive communication
  - Assertive Communication
    - I-Statements: I feel\_\_\_\_\_ when you \_\_\_\_\_, because \_\_\_\_\_

## Friendships

- Recognizing good friends vs. toxic friends
- Five levels of friendships: 1) Stranger, 2) Acquaintance, 3) Causal friend, 4) Close friend, and 5) Intimate friend

## Bullying

- Recognizing signs of bullying and cyberbullying
- How to handle bullying
  - Talking back to bullies



## Time Management

- Time management tips: 1) Prioritize, 2) Break it down, 3) Limit distractions, 4) Take breaks, 5) You don't need to be perfect!
- SMART Goals: **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-bound

