

A BACK-TO-SCHOOL ✓ Checklist FOR THE HEART AND MIND

Swipe for easy, accessible ways local girls can support their emotional wellbeing during the school year.



sponsored by:



Child &
Adolescent
Mental
Health
Division





IN THE MOMENT: GROUNDING TIPS WHEN YOU FEEL TRIGGERED

Sometimes, something can remind us of a past experience without warning, and suddenly we feel overwhelmed, anxious, frozen, or disconnected.

These are called **triggers**, and they're a completely normal response to trauma.



In moments like these, it's important to know:
**you are not alone, and you have the tools to
care for yourself.**

Grounding techniques help you come back to
the here and now by reconnecting with your
body, your breath, and your surroundings.



**They are simple, powerful
ways to remind yourself:**

☒ *I'm safe*

☒ *I'm in control*

☒ *I've got me*

1. THE 5-4-3-2-1 SENSES SCAN

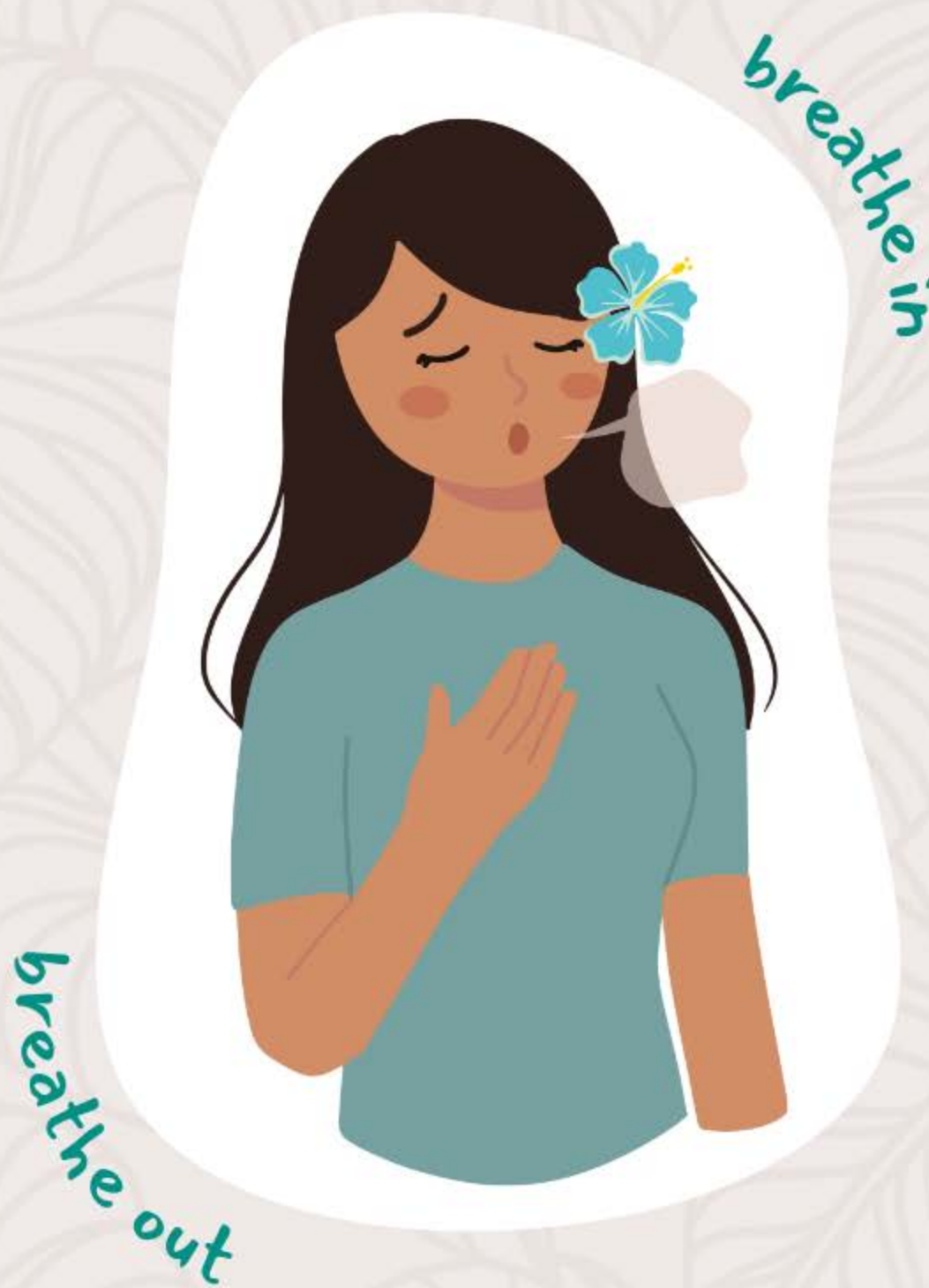
Slowly name: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.



Use this to gently bring your attention to the present moment.

2. BOX BREATHING

Breathe in for 4 seconds, hold your breath for 4 seconds. Breathe out for 4 seconds, wait for 4 seconds. Repeat 3–4 times.



This helps your nervous system settle and brings calm to your mind.

3. FEEL YOUR FEET

Stand or sit with both feet on the floor. Wiggle your toes. Gently press your feet into the ground. Say to yourself: "I am here. I am grounded. I am safe."



This brings your body back into the present.



**REMEMBER:
YOU DESERVE
TO FEEL SAFE,
SUPPORTED,
AND SEEN.**

**These grounding techniques are simple
ways to care for yourself with kindness
— especially when things feel tough.**

FOR CRISIS SUPPORT:



**HAWAI'I
CARES 988**

**Hawai'i CARES 988 is a free, 24/7
support service for anyone
experiencing crisis, mental health
challenges, or substance use issues.**

**Call, text, or chat 988,
or call toll free at 1-800-753-6879**



hicares.hawaii.gov



@hawaiicare988

LEARN MORE

**This school year, let's lead with care.
Let's kōkua our girls to feel safe enough
to show up as their full selves.**

**For more information and resources,
visit Kealahou Services at:
health.hawaii.gov/kealahou**



sponsored by:



Child &
Adolescent
Mental
Health
Division

