



Strong & Resilient

Youth & Family Resources to Prevent Self-Harm

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Introduction

Health is a complete state of physical, mental, emotional, social, and spiritual health. Understanding the challenges of the different components of your health and how they contribute to overall well-being can help you or help support your loved one.

Teen years are difficult due to normal physical and emotional changes. Coping with these changes may be especially overwhelming in today's complex world.

Your primary care physician is a resource to support you and help you through hard times. If you or someone you love is struggling with feeling sad, helpless, unmotivated, irritable, or distracted, talk to your family physician. While some of this behavior can be normal, your doctor can help you and your family stay safe and healthy through difficult times.

This toolkit is designed to offer resources to reduce feelings of depression and support you or your loved one through a difficult period. Let's work together to help you feel better!

“Adolescents have the highest rate of self-injurious behaviors, with about 17% admitting to self-injury at least once in their life.” (Digital, 2022)

“46% of U.S. teens ages 13 to 17 have experienced some form of cyberbullying”
(Atske, 2022)

“Suicide is the 2nd leading cause of death for young people between 10 to 24.”
(Youth, n.d.)

“4 out of 5 teenagers who attempt suicide have given clear warning signs.”
(American SPCC)

This publication is the result of a collaboration with the American Academy of Family Physicians (“AAFP”). This publication would not have been possible without the participation of the AAFP. We thank them for their essential contributions to this work.

Quick Links and QR Codes

Get Help Right Now

If you or someone you know is struggling or in crisis, help is available. Call or text **988** or chat 988lifeline.org/chat/



Help for LGBTQ Youth is available now by texting **'START'** to **678-678**, calling **1-866-488-7386** or visiting thetrevorproject.org/get-help/



Find Help Near You



Directory of Hope - Find a mental health facility near you in Idaho.
<https://crushthecurveidaho.com/mental-health-wellness#directory>

Idaho Telehealth in Libraries near you.
<https://libraries.idaho.gov/telehealth/#ParticipatingLibraries>



Charlie Health - Comprehensive mental health treatment from home.
<https://www.charliehealth.com/>

SAMHSA - National Treatment Facility Directory
<https://findtreatment.gov/>



Planning Ahead

Digital Safety Planning
Safety Plan App



Printable Safety Plans
PDF Documents



Risk Factors and Warning Signs

Who's at Risk?

Sometimes the stress of being a teen can be overwhelming. It is important to know when the behavior of your loved one is cause for concern.

Here are some of the risk factors that can increase suicidal thoughts or behaviors:

- Mental health disorders such as depression, anxiety, and other mood disorders
- Being exposed to the suicide of a family member or friend
- History of trauma or abuse
- Access to means of suicide, such as firearms or medications
- Losing close friends or family members, or having conflicts with them
- Being gender diverse with risk factors such as bullying
- Alcohol and substance use
- Previous suicide attempt(s)

(Teen Suicide: What Parents Need to Know, 2023)

Identifying the Warning Signs

It is important to pay close attention to the changing behaviors in your loved one as some warning signs are more obvious than others.

Warning signs are different for everyone, but here are some to look out for:

- Physical changes in appearance or hygiene
- Increase in alcohol or drug use
- Sudden drop in grades
- Social withdrawal
- Talking about suicide or preoccupation with death
- Risky or reckless behaviors (such as reckless driving or unsafe sex)
- Self-harm behaviors such as cutting
- Talking about feeling hopeless or having nothing to live for
- Researching suicide methods and/or acquiring weapons

("Talking to Teens: Suicide Prevention," 2019)

How to Help

Talking to Your Loved One

The Substance Abuse and Mental Health Administration (SAMHA) offers guidance on talking about mental health problems with your loved on.

- Communicate in a straightforward manner
- Discuss the topic when your child feels safe and comfortable
- Watch for reactions during the discussion and slow down or back up if your child becomes confused or looks upset
- Listen openly and let your child tell you about their feelings and worries

(For Parents and Caregivers of Children, n.d.)

SAMSHA encourages using these questions and actively listening:

- Can you tell me more about what is happening? How are you feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen. How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?
- I'm worried about your safety. Can you tell me if you have thoughts about harming yourself or others?

(For Parents and Caregivers of Children, n.d.)

Helping Your Loved One Who is Suicidal: A Guide for Family and Friends includes questions to ask providers during or after a crisis. You can access it here: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-03-001.pdf.

Your Teen and Social Media

The internet and social media have increased access to information, and the adolescent brain might struggle to make sense of all of it. Social media can be a tool for social connectedness if used correctly, but it can also cause harmful side effects like comparing yourself to others or exposure to bullying.

One resource to consider for media use is from the American Academy of Pediatrics (AAP). The AAP developed a family media plan that includes a list of media priorities to choose from, practical tips to help make the plan work, and explanations on why it's important. You can access the plan at <https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>. There is also a Spanish version available at <https://www.healthychildren.org/spanish/fmp/paginas/mediaplan.aspx>.

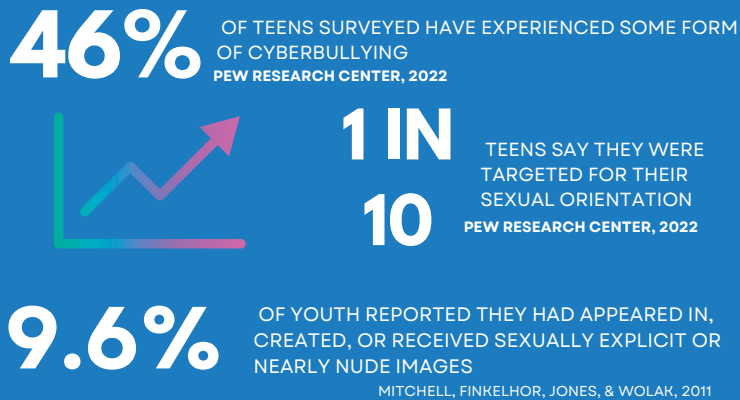
TALKING TO YOUR TEEN

ABOUT SOCIAL MEDIA

WHAT:

THE PROBLEM

- **Teens rely on different forms of online communication to stay in touch with family and friends.**
- Adolescents are spending more time online than ever before, providing more exposure to harmful cyber-bullying and cyber-victimization.
- Adolescents who are the target of cyber-bullying or cyber-victimization can experience stress and emotional distress resulting from negative online interactions.



WHY:

TEEN MENTAL HEALTH

- Online behaviors that **promote connection** with peers can be positive and are normal. Making comparisons to social media can be harmful. Highlight the difference between behaviors seeking belonging and behaviors making comparisons.
- Adolescents **biological drive** for social belonging is incredibly strong, so even with prohibition and consequences for social media use, teens often will find a way to access
- **Communication** with adolescents is most effective in the context of a therapeutic alliance that is open and nonjudgmental, elicits trust and emotional safety, and offers a sense of inclusion and autonomy

HOW:

UNDERSTANDING

- **Avoid banning or overly restricting social media use among teens, but instead have discussions with children about harms and benefits**
 - Start discussion with open ended questions (ex: asking kids how they feel when viewing different types of content and whether the images are real or edited)
 - Encourage critical thinking about material posted online
- **Model Positive Smartphone Use**
- **Create media-free zones and times**
- **Maintain a supportive parent-child relationship to encourage open dialogue**

RESOURCES

YOUTH.GOV

[HTTPS://YOUTH.GOV/YOUTH-TOPICS/TEEN-DATING-VIOLENCE/ELECTRONIC](https://youth.gov/youth-topics/teen-dating-violence/electronic)

AAP FAMILY MEDIA PLAN

[HTTPS://WWW.HEALTHYCHILDREN.ORG/ENGLISH/FMP/PAGES/MEDIAPLAN](https://www.healthychildren.org/english/fmp/pages/mediaplan)

SOCIAL MEDIA SAFETY-RAINN

[HTTPS://WWW.RAINN.ORG/SAFE-MEDIA](https://www.rainn.org/safe-media)

INTERNET SAFETY FOR KIDS

[HTTPS://EDU.GCFGLOBAL.ORG/EN/INTERNETSAFETYFORKIDS/USING-SOCIAL-NETWORKS-SAFELY/1/#](https://edu.gcfglobal.org/en/internetsafetyforkids/using-social-networks-safely/1/#)

AAFP FRESH PERSPECTIVES: NEVER SAY NEVER

[HTTPS://WWW.AAFP.ORG/NEWS/BLOGS/FRESHPERSPECTIVES/ENTRY/20210625FP-SOCIALMEDIA.HTML](https://www.aafp.org/news/blogs/freshperspectives/entry/20210625fp-socialmedia.html)

Tools and Resources

Plan Ahead – Safety Planning

Creating a plan to refer to if suicidal thoughts escalate will help you or your loved ones become more conscious of warning signs indicating a suicidal crisis and encourage you to take action before you are in danger of acting on suicidal feelings.

There are many safety planning templates that you can utilize. Access a few printable plans here: <https://idahofamilyphysicians.org/wp-content/uploads/2023/03/Safety-Planning-Templates.pdf>. You should work through these plans with your physician or a loved one.

Digital Plans

- <https://www.mysafetyplan.org/>
- Safety Plan Apps - Access on your mobile device through the link or by scanning the QR code.
 - <https://play.google.com/store/apps/details?id=com.mood-tools.crisis.app>
 - <https://itunes.apple.com/app/id1003891579?mt=8>



Idaho Resources

Directory of Hope: <https://crushthecurveidaho.com/mental-health-wellness#directory>

Find a mental health facility near you in Idaho. The Directory of Hope's mission is to provide a comprehensive and reliable directory of mental health resources to the people of Idaho, promoting mental health awareness and reducing stigma, to improve the lives of Idahoans by fostering a culture of compassion and understanding.

The Idaho Lives Project (ILP): <https://www.sde.idaho.gov/student-engagement/ilp/>

ILP provides a variety of resources and opportunities to help support K-12 school communities with youth suicide prevention. More information is available in the brochures below, and on the next few pages:

- [Youth Suicide Prevention - Helping Your Children Brochure](https://www.sde.idaho.gov/student-engagement/ilp/files/brochures/Youth-Suicide-Helping-Your-Children-Web.pdf) (<https://www.sde.idaho.gov/student-engagement/ilp/files/brochures/Youth-Suicide-Helping-Your-Children-Web.pdf>)
- [Youth Suicide Prevention - Helping Your Friends Brochure](https://www.sde.idaho.gov/student-engagement/ilp/files/brochures/Youth-Suicide-Helping-Your-Friends-Web.pdf) (<https://www.sde.idaho.gov/student-engagement/ilp/files/brochures/Youth-Suicide-Helping-Your-Friends-Web.pdf>)
- [Youth Suicide Prevention - Reduce Access to Lethal Means Brochure](https://www.sde.idaho.gov/student-engagement/ilp/files/brochures/Youth-Suicide-Reduce-Access-to-Lethal-Means-Web.pdf) (<https://www.sde.idaho.gov/student-engagement/ilp/files/brochures/Youth-Suicide-Reduce-Access-to-Lethal-Means-Web.pdf>)

Dear Parents and Guardians:

The Idaho Lives Project (ILP) has partnered with BPA Health to provide free case management services to youth and young adults through age 24 who have attempted suicide or have had treatment for serious thoughts of suicide.

Follow Up Support: Case Managers (CM's) are licensed behavioral health clinicians who advocate for and support youth as they rejoin their families, schools, and communities following a suicide attempt or treatment for serious suicidal thoughts. CM's provide connection among the youth, mental health providers, school, and family, and assist parents and guardians in accessing community resources during this time.

Suicide Assessments: CM's also provide suicide assessments in cases where the youth or their families cannot otherwise get services due to lack of insurance, inability to afford services, or other barriers like geographic isolation or long waiting lists.

If you have any questions or would like to be assessed for eligibility, please call the BPA/ILP referral line Monday – Friday from 9 AM to 5 PM at (208) 947-5155. (Note this is not a crisis line).

For an immediate mental health crisis, call the Idaho Crisis and Suicide Hotline at 988.





IDAHO LIVES PROJECT – BPA HEALTH REGIONAL CLINICAL CASE MANAGEMENT SERVICES FOR YOUTH SUICIDE PREVENTION

Regional Case Manager Services

- In partnership with BPA Health, the Idaho Lives Project (ILP) provides statewide Regional Clinical Case Managers to assess, refer, and provide follow up case management for youths under age 18 and young adults from ages 18 to 24 with serious suicidal ideation or attempts, and will assist with best practice postvention support to schools, when needed.

Direct Youth Support

- Case Managers are licensed behavioral health clinicians who advocate for youths through age 24 as they reintegrate back into their families, schools, and communities following a suicide attempt or serious suicidal ideation.
- Case Managers act as a liaison among the youth/young adult, health facility/mental health providers, school, and family to provide continuity of care.

Assessment Services

- Case Managers are also available to provide suicide risk assessments for youths and young adults from ages 18 to 24 who do not have insurance, Medicaid, or the financial resources to see a clinician, or who are located in an isolated rural community with no geographical access to mental health professionals.

Accessing Services

- Referrals may come from school personnel, hospital discharge planners, or other applicable sources, and sources may be asked to assist in obtaining informed consents and releases of information from the parent/guardian and/or youth to enable the provision of case manager services. Parents/Youths/Young Adults may also call directly.
- To refer a youth for ILP Regional Clinical Case Manager services, please call the ILP BPA Health referral line Monday – Friday at **(208) 947-5155**. **This is not a crisis line.**



STRESS OR ANXIETY COPING CARD – YOUTH

This coping card is intended for individuals under 18 years of age.



Instructions for those assisting someone in need of a safety plan:

The person you are concerned about can write the answers to the questions below on a small card for a backpack, pocket or purse, or print out this page (cardstock is recommended) and cut along the dotted line to give them the safety plan to fill out. Once completed, you also might have them take a picture of the safety plan below with their phone to keep digitally.

The steps on this safety plan are to be completed in numerical order so that the person has time to work through their thoughts. Practice all steps, including calling to ask for help.

Re: #3b below: Having the person text someone each day with three things they are grateful for, is proven to help. They may need reminders. Research shows that listing three things we are grateful for each day for 21 days physically changes the brain and teaches us to scan our days for the positive instead of the negative.

Re: #3d below: List names and phone numbers. These contacts must be vetted. Practice calling with the person.

MY COPING CARD

1. Changes in thoughts, feelings and behaviors I notice when I begin to feel stress or anxiety:

2. If I have thoughts, feelings or behaviors like these, I can do things to feel better. (fill in each space with 2 or more activities):

a. Physical activities as stress relievers such as walk, work out, ride a bike, yoga:

b. Quiet, calming activities such as take a warm bath, write out my thoughts, meditate, pet my dog/cat, listen to calming music:

c. Concentration activities such as watch a funny show, read a book, cook/bake, play a musical instrument:

3. If doing things for myself does not help, I can interact with or reach out to others.

a. Share feelings, thoughts, and activating events that cause my stress or anxiety with a trusted adult.

b. Write down, tell, or text to a trusted adult, three things that I am grateful for each day.

c. Something I can do to help someone else or a cause I'm passionate about right now: _____

d. Four trusted adults I can call or text to help me make myself feel better (names and phone numbers):

1) _____

2) _____

3) _____

4) _____

4. If I still feel I am in an emotional crisis after trying these things, I will call or text 988 for help.

Idaho Telehealth in Libraries: <https://libraries.idaho.gov/telehealth/#ParticipatingLibraries>

The Idaho Commission for Libraries is working with various partners across the state to build a foundation for telehealth in libraries to connect patients and doctors and help overcome barriers to medical and mental health care services. If you live in an area where mental health providers are not available in person and have a patient with internet or privacy issues at home, suggesting virtual care options through a Telehealth Library location may be helpful in expanding mental health care service options.

Zero Suicide Peer Support: <https://www.facebook.com/groups/zerosuicidepeers>

This is a private Facebook group for individuals who provide Peer Support within the Zero Suicide Framework to connect, network, share resources, and ask questions.

National Resources

Charlie Health: <https://www.charliehealth.com/>

Charlie Health provides comprehensive mental health treatment from home for adolescent patients. Virtual Intensive Outpatient Program (IOP) / Primary Mental Health / Primary Substance Abuse:

- Ages 11-30
- NO waitlist / Accepts ALL insurance / Medicaid / Tricare
- Primary Trauma Informed Therapist / Curated Groups / Family Therapy
- Medication Management Available
- 24/7 Crisis Clinicians and Admissions
- 350 Licensed Clinicians on Staff
- 90+ Curated Groups for Adolescents 30+ Curated groups for Young Adults
- 40% LBGTQIA + client population / 40%+ LBGTQIA + Clinical Staff
- 11% Recidivism Rate
- Free Community Support Groups
- Discharge Planning

Referral Hyperlink: <https://www.charliehealth.com/referrals/pnw>



charlie health

Personalized mental
healthcare for teens,
young adults, and
families

CH MH Services (CA) LLC is certified by the
State Department of Health Care Services. For
detailed information on our California Facility
Licensure, please visit the California Health and
Human Services Department's website.
License Number: 300414AP
Expiration: 6/30/2023



Our IOP is different

Charlie Health's Intensive Outpatient Program (IOP) is designed for those who need more than one-time-per-week therapy. Our IOP consists of curated and customized groups, individual therapy, and family therapy. With our virtual and accessible platform, healing is possible from home.

Evidence-based care

Our trauma-informed, masters-level clinicians use evidence-based therapy including DBT skills, CBT, ABFT, and others.

Experiential therapies

Our expert, creative arts therapists guide our patients through music, art, dance, movement, and meditation therapies.

Specialized tracks

We offer specialized tracks based on the needs of our patients, including BIPOC, LGBTQIA+, trauma, substance use, and others.

Insurance

We work with all major health plans to ensure that treatment is accessible and affordable.

We can support:

- Depression
- Trauma
- Mood disorders
- Anxiety disorders
- Self-harm
- Substance use disorders
- Gender dysphoria
- Suicidal ideation



Find your group,
grow together.



charlie
health

Call Admissions Today

(866) 491-5196

www.charliehealth.com



Specialized treatment tracks for clients who identify as

LGBTQIA+

Charlie Health's virtual Intensive Outpatient Program (IOP) supports LGBTQIA+ teens and young adults who need additional mental health support. This program is designed to provide a safe, healing, and affirming space to explore how identity shapes experience.

- Curated groups with similar peers
- Affirming, trauma-informed clinicians
- Individual therapy
- Family therapy
- Free parent support group
 - For parents, grandparents, or guardians of teens and young adults who identify with the LGBTQIA+ community and struggle with their mental health. Led by skilled and experienced staff to build connection, community, and compassion.



Find your group.
Grow together.

Reach out for support

www.charliehealth.com

(866) 491-5196

outreach@charliehealth.com

charlie health



Free Parent Support Groups

All groups run on Mondays at 5 PM PT | 6 PM MT | 7 PM CT | 8PM ET

Parents of Teens

For parents, grandparents, or guardians of teens who struggle with mental health issues. Led by skilled and experienced staff to build connection, community, and compassion.

Young Adults

For parents, grandparents, or guardians of young adults who struggle with mental health issues. Led by skilled and experienced staff to build connection, community, and compassion.

LGBTQIA+

For parents, grandparents, or guardians of teens and young adults who identify with the LGBTQIA+ community and struggle with mental health disorders. Led by skilled and experienced staff to build connection, community, and compassion.

Parent Support for Families of Color

For parents, grandparents and guardians of teens and young adults who identify as Black, Indigenous and People of color and struggle with mental health disorders. Led by skilled and experienced staff to build connection, community, and compassion.

*This group is open to both parents and caregivers who identify as BIPOC and to parents and caregivers who have children who identify as BIPOC.

El Grupo de Cuidadores en ESPAÑOL

Para padres, abuelos o tutores que hablan español de adolescentes y adultos jóvenes que luchan con trastornos de salud mental. Dirigido por personal capacitado y experimentado para construir la conexión, la comunidad y la compasión. For Spanish-speaking parents, grandparents, or guardians of teens and young adults who struggle with mental health and substance use disorders. Led by skilled and experienced staff to build connection, community, and compassion.

Neurodivergent Parent Support Group

Join us for a parent and caregiver support group to learn more about how to support and understand your neurodivergent teen or young adult child. Led by neurodivergent-competent therapists at Charlie Health.

988 Suicide & Crisis Lifeline/ Idaho Crisis & Suicide Hotline:

<https://988lifeline.org/>

Press 1 for Veterans Crisis Line, press 2 for Spanish line, and Press 3 for LGBTQ specialized support.

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.



Call or Text **988** for **24/7**
confidential crisis support
Always Here. Ready to Listen.



[Idahocrisis.org](https://idahocrisis.org)

American Foundation for Suicide Prevention (AFSP):

<https://afsp.org/about-afsp>

The AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. Find local AFSP events and resources – AFSP Idaho
<https://afsp.org/chapter/idaho>

National Alliance on Mental Illness (NAMI): <https://www.nami.org/>

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Idaho – <https://namiidaho.org/>

Youth Specific and Special Populations

AFSP Mental Health Resources for Underrepresented Communities: <https://afsp.org/mental-health-resources-for-underrepresented-communities>

Indian Health Service (IHS) Suicide Prevention and Care Program:

<https://www.ihs.gov/suicideprevention/>

A national initiative addressing suicide prevention, based on fostering collaborations across Tribes, Tribal organizations, Urban Indian organizations, and the Indian Health Service (IHS).

PFLAG: <https://pflag.org/about-us/>

PFLAG is an organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. Materials are available in English and Spanish.

[Our Children: Questions and answers for parents and families of LGBTQ+ people](https://pflag.org/wp-content/uploads/2016/08/Our-Children_2021.pdf) (https://pflag.org/wp-content/uploads/2016/08/Our-Children_2021.pdf).

Project ChildSafe: <https://projectchildsafe.org/safety/get-a-safety-kit/>

Obtain a free Project ChildSafe Safety Kit, which includes a cable-style gun lock and safety instructions, from a local state partner.

Suicide Prevention Resource Center:

American Indians & Alaska Natives - <https://sprc.org/american-indians-and-alaska-natives/>
LGBTQ - <https://sprc.org/populations/lgbt/>

Youth Empowerment Services (YES): <https://youthempowermentservices.idaho.gov/>

YES is an ongoing collaborative effort to implement a new system of care for Idaho's children and youth with serious emotional disturbance (SED). [YES 101 PDF](https://nami-idaho.org/wp-content/uploads/sites/238/2020/08/YesBrochure_web.pdf) (https://nami-idaho.org/wp-content/uploads/sites/238/2020/08/YesBrochure_web.pdf)

Zero Suicide – Resources for Child and Youth Populations:

<https://zerosuicide.edc.org/resources/populations/children-and-youth>

The Trevor Project: <https://www.thetrevorproject.org/>

The Trevor Project's mission is to end suicide among LGBTQ young people. They provide LGBTQ youth with 24/7 crisis counseling via phone, text, and chat.

Additional resources may be found at <https://www.samhsa.gov/childrens-awareness-day/resources-suicide-prevention>, and <https://youth.gov/youth-topics/youth-suicide-prevention/preventing-youth-suicide>.

After an Attempt

[After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department](https://store.samhsa.gov/product/A-Guide-for-Taking-Care-of-Your-Family-Member-After-Treatment-in-the-Emergency-Department/sma18-4357eng) (<https://store.samhsa.gov/product/A-Guide-for-Taking-Care-of-Your-Family-Member-After-Treatment-in-the-Emergency-Department/sma18-4357eng>) - Quick tips for family members of people who have attempted suicide from SAMHSA.

[A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt](https://store.samhsa.gov/product/A-Journey-Toward-Health-and-Hope-Your-Handbook-for-Recovery-After-a-Suicide-Attempt/SMA15-4419) (<https://store.samhsa.gov/product/A-Journey-Toward-Health-and-Hope-Your-Handbook-for-Recovery-After-a-Suicide-Attempt/SMA15-4419>) - This resource guides people through the first steps toward recovery and a hopeful future after a suicide attempt. It includes personal stories from survivors, and strategies for recovery, such as re-establishing connections and finding a counselor.

Lifestyle Medicine

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions. There are six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections. For more information about Lifestyle Medicine in general, please visit <https://lifestylemedicine.org/overview/>.

Lifestyle Medicine principles can be very helpful in addressing depression and other related conditions. The resources below may provide helpful lifestyle ideas that you can implement as part of your self-care.

Check out these TEDx talks.

1. Dr. Meagan Grega TEDx LehighRiver – “Why Lifestyle is the BEST Medicine”: <https://www.youtube.com/watch?v=efGa8QD8pU4&feature=youtu.be>
2. Robert Waldinger TEDx “What Makes a Good Life? Lessons from the Longest Study on Happiness”: <https://www.youtube.com/watch?v=8KkKuTCFvzI>
3. Dr. Param Dedhia’s TED talk “Sleep: The Secret to Living the Best 1/3 of Your Life”: <https://www.youtube.com/watch?v=KnD0uQlalg8>
4. Matt Walker TED talk “Sleep is your Superpower”: <https://www.youtube.com/watch?v=5MulMqhT8DM>
5. Dr. Wendy Suzuki “The Brain Changing Benefits of Exercise”: https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise
6. Dr. Jud Brewer’s TED talk “How to Break a Bad Habit”: https://www.ted.com/talks/judson_brewer_a_simple_way_to_break_a_bad_habit?language=en#t-3686

6 Pillars of Lifestyle Medicine

1. A whole-food, plant-predominant eating pattern
2. Physical activity
3. Restorative sleep
4. Stress management
5. Avoidance of risky substances
6. Positive social connections

Lifestyle Activity

Moderate Activity

- Brisk walking
- Heavy cleaning (washing windows, vacuuming, mopping)
- Mowing lawn (power mower)
- Light bicycling
- Recreational badminton
- Tennis doubles

Vigorous Activity

- Hiking
- Jogging
- Shoveling
- Carrying heavy loads
- Bicycling fast
- Basketball game
- Soccer game
- Tennis singles

**A limitation of labeling activities this way is that it does not consider the fact that some people have a higher level of fitness than others. It is important to tailor your activity to your own fitness level.*

Guidelines

The recommendation for adults 18-64 years old is to do at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity weekly along with two or more days weekly of strength training. The more physical activity, the more benefit, but any amount of exercise is better than none. Working with a certified exercise specialist such as a kinesiologist, exercise physiologist, physical therapist, or certified personal trainer is the safest and most reliable way to begin an exercise program.

Activity Types

Aerobic or endurance activities include running, swimming, biking, hiking, playing sports, dancing and brisk walking.

Strength or resistance activities include weight lifting, pushing a wheelchair/stroller, kettlebells and body weight exercises such as squats, lunges, pushups, sit-ups etc.

Flexibility activities include stretching and some forms of yoga.

Balance activities include tai chi, qi gong and some forms of yoga.

Warning/Disclaimer: always talk to your doctor before starting a new activity

Activity Goals

Setting a goal is a great way to get started with physical activity. It's easier to achieve positive goals. An example of a positive activity goal is, "I will walk with a friend or family member for at least 20 minutes after dinner, every weekday for the next two months."

Specific - What specific activity would you like to add/change?

Measurable - How much activity, how many sessions?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (know your limits, start small, build)

Time-Connected - How frequent or how long will you do the activity?



Helpful resources:

exerciseismedicine.org

Walk With a Doc:
walkwithadoc.org

CDC:
cdc.gov/physicalactivity

Find a Trainer Near You:
usreps.org

2019 Physical Activity Guidelines:
health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

ACE Exercise Library:
acefitness.org



lifestylemedicine.org

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Avoidance of Risky Substances

It is well known that tobacco use and drinking too much alcohol increases the risk of many chronic diseases and death. People who are ready can and do quit smoking; there are more former smokers in the world now than there are current smokers. Some treatments work for alcohol abuse. Treatments often take time, different approaches and many attempts. Giving yourself patience as well as getting support from others is an important part of reaching your goals.

Effective Treatment Models

- Counseling
 - Individual, group, telephone
 - Many quick visits
 - Longer more intense visits
- Medications (anti-relapse)
- Counseling plus medication is more effective

Slips and relapses are normal and considered part of the change process. Goal setting, support and persistence is key!

Goals for Avoiding Risky Substances

Setting goals around substance use (tobacco, alcohol, or other drugs) is a great way to start making changes. An example of a goal is, “I will swap my morning cigarette with chewing gum at least 5 days this week for the next four weeks. I will ask my partner to help keep me on track and use the free texting service for more support.”

Specific - What are you going to do to decrease your substance use?

Measurable - How much will you reduce it by?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?

Helpful Resources:

National Quit Link: 1-800-Quit-Now
SmokeFree.gov <https://smokefree.gov/>
nami.org
NIAAA Alcohol Treatment Navigator
alcoholtreatment.niaaa.nih.gov
American Academy of Addiction Psychiatry
www.aaap.org
American Psychological Association
www.apa.org
American Society of Addiction Medicine
www.asam.org
NAADAC Substance Abuse Professionals
www.naadac.org
National Association of Social Workers
www.helpstartshere.org

Substance Abuse Treatment Locator
www.findtreatment.samhsa.gov
Alcoholics Anonymous (AA)
www.aa.org
Moderation Management
www.moderation.org
Secular Organizations for Sobriety
www.sossobriety.org
SMART Recovery
www.smartrecovery.org
Women for Sobriety
www.womenforsobriety.org
Al-Anon Family Groups
www.al-anon.alateen.org
Adult Children of Alcoholics
www.adultchildren.org
www.psychologytoday.com/us



Guidelines:

Standard alcoholic drink in US:
12 oz beer
5 oz table wine
1.5 oz of 80-proof spirits

Typical Containers
750 mL wine = 5 drinks
750 mL spirits = 18 drinks
1 L spirits = 24 drinks

Low Risk Drinking Guides by National Institutes of Health

Men

No more than 4 drinks on any day
No more than 14 drinks in 7 days

Women

No more than 3 drinks in any day
No more than 7 drinks in 7 days

“Binge” Drinking is defined as:
5 drinks in 2 hours for men,
4 drinks in 2 hours for women.



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Lifestyle Nutrition

The American College of Lifestyle Medicine recommends an eating plan based largely on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds. Eating whole plant foods is a great way to get in more nutrition with less harm and is one of the best ways to prevent, treat and even reverse many chronic diseases.

Eat Plenty

- Vegetables
- Mushrooms
- Fruits
- Legumes
- Whole Grains
- Nuts
- Seeds

Limit/Avoid

- Sugary drinks like soda, juice cocktails, coffee and energy drinks
- Processed meats like sausage, bacon, salami, bologna, deli meat
- Processed snacks like crackers, chips, pretzels
- Cakes, pastries, sweets
- Dairy (especially high-fat types with added salt and sugar)
- Red meats
- Poultry
- Eggs

Food for Thought

Eating Inspiration:

Vegetables: Leafy vegetables (kale, spinach, romaine, swiss chard, collard greens, cabbage), garlic, onions, peppers (all kinds), leeks, parsnips, potatoes (all kinds), radishes, turnips, squash, green beans, tomatoes, carrots, corn, peas, cauliflower, broccoli, cucumbers, eggplant, mushrooms

Fruits: Bananas, apples, kiwi, oranges, blackberries, strawberries, raspberries, blueberries, mango, cantaloupe, watermelon, honeydew, plums, pineapple

Legumes: Black beans, kidney beans, pinto beans, garbanzo beans, cannellini beans, lentils, lima beans, broad beans, soybeans

Whole Grains: Quinoa, brown rice, oats, barley, wild rice, black rice, whole grain tortillas/pasta/breads, couscous, teff, wheat germ

Nuts: Almonds, peanuts, pistachios, cashews, brazil nuts, soy nuts, hazelnuts, walnuts

Seeds: Chia seed, flax seed, hemp seed, pumpkin seed, sunflower seed

Nutrition Goals

Setting goals to improve your eating habits is a great way to eat healthier. An example of a positive nutrition goal is, "I will add 1 cup of berries to breakfast and a small apple or orange as an afternoon snack at least five days this week."

Specific - What specific food would you like to add/change?

Measurable - How much or how many will you add or change?

Attainable - Do you have what it takes to follow through?

Realistic - What can you do? (improvement over perfection)

Time-Connected - How often or for how long will you make this change?



Helpful resources:

Academy of Nutrition and Dietetics:
www.eatright.org

vegetariannutrition.net

American Heart Association:
www.heart.org

American Diabetes Association:
www.diabetes.org

American Institute for Cancer Research
www.aicr.org/reduce-your-cancer-risk/diet/

Nutrition Facts
www.nutritionfacts.org

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Lifestyle Sleep Health

Sleep is an extremely important part of human health. Negative effects of sleep delays or interruptions include sluggishness, low attention span, decreased sociability, depressed mood, decreased deep sleep, decreased caloric burn during the day, increased hunger and decreased feeling of fullness, insulin resistance and decreased performance.

Sleep Disrupters

- Too much food or drink close to sleep time
- Blue light from phone/computer/television screen
- Caffeine and alcohol use
- Stress/anxiety/worry
- Certain noises/sounds
- Temperature (too hot or too cold)
- Lack of daytime sunlight exposure
- Medications and medical conditions
- Bed partner and/or pets

Tips for Better Sleep

- Use bed for sleep only
- Establish regular sleep schedule (same sleep and wake times)
- Minimize/eliminate bedroom noise and lights
- Increase daytime exposure to sunlight
- Move at least every hour during the day
- Eliminate nighttime caffeine and limit daytime caffeine
- Avoid alcohol within 3 hours of bedtime
- Avoid high-sodium foods close to bedtime
- Eliminate/limit after-dinner and late-night snacking
- Maintain a healthy BMI
- Stay hydrated during the day
- Cognitive Behavioral Therapy for Insomnia
- Exercise
- Food choices
- Meditation

Sleep Management Goals

Setting goals around sleep health is a great way to increase your sleep quality. It's often easier to achieve positive goals. An example of a positive sleep goal is, "I will begin a new bedtime routine of shutting off the television and instead, read a book for at least 30 minutes before bed, four nights this week."

Specific - What are you going to do to improve your sleep quality/quantity?

Measurable - How much time, how many sessions?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?



Helpful resources:

American Sleep Association:
sleepassociation.org

Sleepeducation.org

Recommendations for Optimal Health

Infants* 4 months to 12 months:
12 to 16 hours per 24 hours

Children 1 to 2 years of age:
11 to 14 hours per 24 hours
(including naps)

Children 3 to 5 years of age:
10 to 13 hours per 24 hours
(including naps)

Children 6 to 12 years of age:
9 to 12 hours per 24 hours

Teenagers 13 to 18 years of age:
8 to 10 hours per 24 hours

Adults:
7-9 hours of sleep per 24 hours



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Lifestyle Social Connections

Social connections and relationships affect our physical, mental and emotional health. Research shows that the single most important predictor of human happiness and long life is having strong social connections. Health-related measures like blood pressure and heart rate improve even with short positive social interactions. Below are some tips that may help you create and keep important connections in your life.

Forming New Social Connections

- Volunteer; helping others improves health, increases happiness and allows you to meet new people
- Connect with a community resource center to find local options
- Find online or community groups of those who share the same interests—meetup.com or Facebook groups are a great place to look
- Join a religious or spiritual group
- Help at a local animal shelter or adopt a pet to connect with other animal lovers
- Go to a local sports event, music performance, lecture or art display
- Help organize community events by joining a steering committee or board
- Attend community celebrations like parades or walks
- Take a course at your local library or community college
- Ask your employer for ways to increase social connections at work

TIP: Look for social opportunities that improve other areas of health such as activity groups or healthy cooking classes.

Strengthen Social Connections

- Take more care to quickly connect with people you see a lot during the week
- When possible, stay positive while connecting with others
- Share new experiences
- Make and spend time with others
- Be there for those who need you
- Be flexible, supportive and excited about what others are doing in their lives

Social Connection Goals

Setting goals is a great way to increase your sense of connection. It's often easier to achieve positive goals. An example of a positive social connection goal is, "I will increase my feeling of social connectedness by joining a group fitness class that meets for an hour, three nights of the week."

Specific - What are you going to do to improve feelings of connectedness?

Measurable - How much time, how many sessions?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?



Helpful resources:

[meetup.com](https://www.meetup.com)

[purposebuiltfamilies.com](https://www.purposebuiltfamilies.com)

Social Media and Depression

While technology can improve social connectedness in some cases, research finds that those who use social media the most are at a higher risk for depression. Be mindful of how you use technology to support social connections in your life.



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Lifestyle Stress Reduction

Stress is unavoidable. How we think about it and how we react to it makes the difference in how it impacts our self-care and our health. While some medicine may help to manage stress, there are many things that you can do to help you manage stress and improve overall health. Partnering with your health care team can help you determine a plan of action for stress reduction.

Self-Management Tips

- Connect with others
- Get involved in activities
- Try different healthy ways to relax (music, exercise, dance, meditation or yoga)
- Take time for fun creative activities or hobbies
- Keep a gratitude journal or write about stressful events
- Take care of spiritual needs
- Make time to laugh (comedy, joke books etc)
- Avoid caffeine and alcohol
- Try deep breathing techniques
- Get a massage

Good Stress/Bad Stress

Not all stress is bad for us; in fact some stress can be helpful for completing important projects, studying for an exam, speaking in public, or accomplishing challenging goals. On the other hand, distress or negative stress is the type of stress that can cause short- or long-term anxiety, decreased performance and lead to poor mental and physical health. Distress can be caused by many factors that differ for everyone. It is important to recognize the things in your life that cause distress, so you can come up with a plan to manage or cope with or view situations differently.

See Stress Differently

Look at events or triggers from a different angle. Consider "Is there another way to look at this situation?" and remember it's not helpful to focus on what cannot be changed. Try to improve your mood by looking at what is going well in life. Focus on your accomplishments or what you have overcome.

Stress Reduction Goals

Setting goals around stress management is a great way to decrease any negative impact stress may have on your health. It's often easier to achieve positive goals. An example of a positive stress management goal is, "I will write about what I am thankful for at least 10 minutes three times per week."

Specific - What are you going to do to manage your stress?

Measurable - How much time, how many sessions?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (improvement over perfection)

Time-Connected - How frequent? How long will you commit?



Helpful resources:

The American Institute of Stress
www.stress.org

National Institute of Mental Health:
nimh.nih.gov/health/publications/stress

American Psychological Association:
apa.org/topics/stress

Mentalhealth.gov

Headspace (App Store)



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Conclusion

Your primary care physician is a resource to support you and help you through hard times. If you or someone you love is struggling with feeling sad, helpless, unmotivated, irritable, or distracted, talk to your family physician.



Share this packet with anyone who you think might need it, other parents, teens, family members, teachers, etc. A digital copy of **this toolkit** is available on our website <https://idahofamilyphysicians.org/suicide-prevention>, or by scanning the QR code.



A SPECIAL THANK YOU TO THESE COLLABORATING ORGANIZATIONS:

Idaho Department of Health and Welfare
Idaho Crisis & Suicide Hotline
Idaho Lives Project
The American Academy of Family Physicians
The Ardmore Institute



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