

*the*  
**MENTAL  
HEALTH**  
**WORKBOOK**

TEEN MENTAL HEALTH WORKBOOK  
FOR SELF-DISCOVERY, SELF-ESTEEM,  
AND CONFIDENCE



**SOUTHWESTERN  
STUDENT COACHING**

# TEEN MENTAL HEALTH WORKBOOK FOR SELF-DISCOVERY, SELF-ESTEEM, AND CONFIDENCE

Your teenage years are a time of self-discovery. As you explore who you are, it can be easy to become overwhelmed and anxious about the changes that come with growing up.

It is important to build a foundation of self-esteem and confidence during this time so that your teenage years are filled with positive experiences.

This workbook has been designed to guide you through a process of self-discovery and to help you gain an understanding of your own mental health. It is designed to provide you with the tools you need to better understand yourself and build confidence in who you are.

## **In this workbook, we will explore topics including:**

- Setting boundaries
- Understanding your emotions
- Building positive relationships
- Identifying stressors and developing coping strategies
- Knowing your worth
- Exploring strengths and weaknesses
- Exploring career and success goals

By the end of this workbook, you should have a better understanding of yourself and be able to identify areas of growth.

You will have learned skills to manage stress and build confidence.

You will also have a clear plan for your future and the ability to set achievable goals and work towards them.

We hope that you find this workbook helpful in understanding yourself better and gaining insight into your own mental health.

MENTAL



HEALTH

# #1: DISCOVERING AND SETTING BOUNDARIES AS A TEENAGER

As a teenager, setting personal boundaries can be difficult. You are beginning to transition into adulthood and this can often come with mixed feelings of guilt, confusion, and resistance. Acknowledging the need for boundaries is an important part of developing your sense of self-worth.

Setting healthy boundaries will help you protect your mental health by preventing you from overextending or overexerting yourself. It will also help you establish expectations in relationships and manage your time more effectively.

In this chapter, we'll explore how to identify your personal boundaries and the importance of setting them. We'll also discuss strategies for communicating your boundaries to others and how to handle the consequences of setting boundaries.

## **Answer these questions to identify your personal boundaries:**

What do I feel comfortable doing and not doing?

What are my emotional limits?

When am I most likely to overcommit myself and how can I avoid this?

How much personal space do I need?

What expectations of respect do I have for others, and vice versa?

What do I need to feel safe?

What topics or activities make me feel uncomfortable and why?

How do I want others to treat me?

When does my "yes" become a "no" and how can I communicate this clearly?



**Now that you have a better understanding of your boundaries, use these tips to communicate them to others:**

- Be clear and direct.
- Use “I” statements to express how you feel rather than accusing or blaming the other person.
- Listen to feedback before responding.
- Explain why you need certain boundaries in order for a relationship to work effectively.
- Respect other people’s boundaries.
- Apologize if you make a mistake or cross someone’s boundaries.
- Don’t take it personally if someone doesn’t agree with your boundaries.
- Stick to your boundaries even when it is difficult.



### **How to deal with the consequences of setting boundaries**

When you set a boundary, it is likely that the other person may not agree with it or might push back against it. It is important to stay firm in your decision and not waiver even if the other person is trying to make you feel guilty.

If someone crosses your boundaries, remember that it is okay to speak up and remind them of your expectations.

If you are feeling overwhelmed or overwhelmed by the consequences of setting boundaries, reach out for help from a trusted adult or mental health professional.

It is important to remember that setting and enforcing healthy boundaries is essential in maintaining positive relationships with people.

We hope this chapter has helped you to understand the importance of setting personal boundaries and how to communicate them effectively. Remember, your boundaries are valuable and should be respected by others!

## #2: UNDERSTANDING YOUR EMOTIONS AS A TEENAGER

In this chapter, we'll explore the importance of understanding your emotions as a teenager and strategies to help you better manage them.

We'll also discuss how to identify your triggers and warning signs for difficult emotions, as well as how to develop healthy coping skills for dealing with them.

### **What are emotions?**

Emotions are complex and powerful responses to our environment and experiences. They are natural and normal, but can sometimes feel overwhelming or difficult to manage.

It's important to remember that all emotions are valid and should be acknowledged, even if they make you uncomfortable or you don't agree with them.

### **Why is it important to understand your emotions as a teenager?**

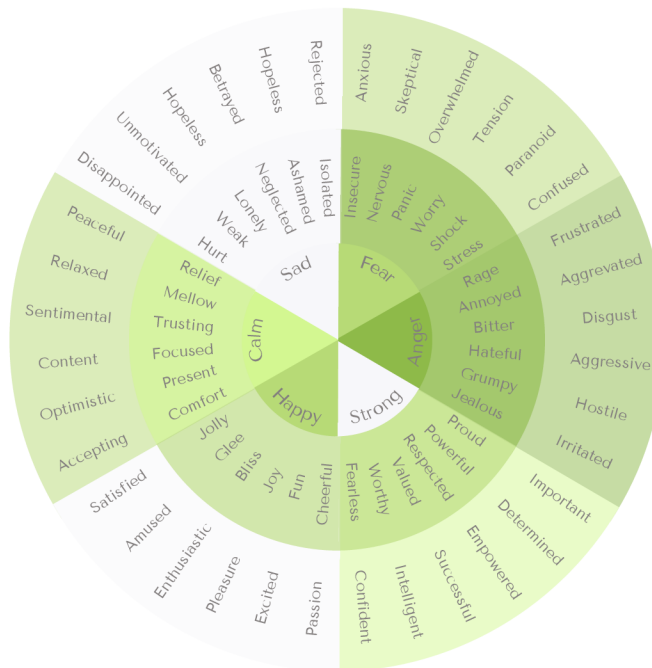
As teenagers, it's normal to feel a wide range of intense emotions. It's important to take the time to understand and process them in order to better manage and express them in healthy ways. Understanding your emotions also helps you identify triggers or warning signs that can help you prepare for difficult situations and prevent uncomfortable or dangerous situations.



IDENTIFY AND MANAGE YOUR EMOTIONS IN 6 SIMPLE STEPS:

- 1. Acknowledge your emotions** – Take the time to recognize and take ownership of your feelings. Ideally, try to exactly name the emotions you feel.
- 2. Identify triggers** – Figure out what is causing your emotions, whether it’s an external event or a thought pattern.
- 3. Process your emotions** – Use a journal or talk to yourself or others about what you’re feeling in order to better understand and process your emotions.
- 4. Identify if action is needed** – Identify if there is any action that needs to be taken in response to the emotion.
- 5. Develop healthy coping skills** – Learn and practice strategies for managing difficult emotions like deep breathing, journaling, or talking with a friend.
- 6. Use the experience to learn more about yourself** – Reflect on the experience and use it to gain a better understanding of yourself and your emotions.

The Feel Wheel



Teenage years are known for intense emotions, so it’s important to spend the time to understand and manage them effectively.

By applying these six steps, you can learn more about your own emotions and develop the skills necessary to better manage them.



## HERE ARE SOME THINGS TO AVOID WHEN DEALING WITH DIFFICULT EMOTIONS:

1. **Ignoring your feelings** – Try not to brush off or ignore what you're feeling, even if it makes you uncomfortable.
2. **Avoiding the problem** – Don't try to avoid the situation that is causing your emotion. Knowing how to effectively deal with difficult situations is a valuable skill.
3. **Bottle up your emotions** – It's not healthy to keep all your feelings bottled up inside, so it's important to find ways to express and process them in healthy ways.
4. **Reacting without thinking**– Whenever possible, try to take a step back before responding or reacting when feeling overwhelmed by emotions.

We hope this chapter has helped you understand the importance of understanding your emotions and how to manage them effectively. Remember, all emotions are valid and it's important to take the time to process them!

## #3: HOW TO BUILD POSITIVE RELATIONSHIPS AS A TEENAGER

In this chapter, we'll look at the importance of building positive relationships as a teenager and strategies to help you do so.

We'll also discuss how to recognize and address challenging relationships, as well as how to develop healthy boundaries in all your relationships.

### **Why is it important to build positive relationships as a teenager?**

Positive relationships are essential for your mental health and well-being. They provide a sense of belonging, boost self-esteem, and can even help to reduce stress.

Additionally, developing healthy relationships can offer guidance in difficult situations, such as when making important decisions or when facing challenging circumstances.

### **How to build positive relationships:**

1. **Be yourself** – It's important to be authentic and true to who you are, rather than trying to act or interact in a way that doesn't reflect your identity.
2. **Listen actively** – Pay attention when someone else is speaking and let them finish without interruption before you respond. Show that you're genuinely interested in what they're saying.
3. **Show kindness and respect** – In all interactions, remember to be kind and respectful of the other person. This will go a long way in establishing positive relationships!
4. **Ask questions** – To build deeper connections with someone, make sure to ask plenty of questions about them and their interests. This will let them know that they're important to you.
5. **Stay present** – Put away any distractions and make sure to stay engaged in the conversation when interacting with someone. This will show that you value the person's presence and your time together.

**Answering these questions will help you with building positive relationships as a teenager:**

What qualities do you look for in a friend?

How do you handle disagreements?

What is your communication style like?

What are your boundaries when it comes to relationships?

How do you show respect and appreciation towards others?

How can you cultivate meaningful relationships with others?

Building positive relationships as a teenager require you to be aware of your own needs, wants, and values.

It also helps to remember that everyone has their own unique view of the world, so it's important to practice open-mindedness and respect when communicating with others.

## How to handle challenging relationships?

When dealing with challenging relationships, recognizing the signs of an unhealthy relationship is key.

These can include feeling overly anxious or sad when around the other person, not being able to express yourself freely, or feeling like you're constantly walking on eggshells.

It's also important to establish healthy boundaries and enforce them in order to protect your well-being.

### **Answer these questions to identify and better manage challenging relationships as a teenager:**

1. What signs have you noticed that indicate an unhealthy relationship?

2. How do you feel around the person in question?

3. What boundaries need to be set in order to make the relationship healthier?

4. How can you effectively communicate your needs and expectations to the other person?

5. What strategies can you use to manage difficult conversations or interactions?

In conclusion, building positive relationships as a teenager is essential for your mental health and well-being. Take the time to reflect on your own needs, wants, and values when interacting with others, and make sure to establish healthy boundaries in all of your relationships. Additionally, be mindful of the signs of an unhealthy relationship, and seek help if needed.

## #4: IDENTIFYING STRESSORS AND DEVELOPING COPING STRATEGIES

Stress is an inevitable part of life, and as a teenager, it's important to learn how to manage stress in healthy ways. To do so, you first need to identify the sources of your stress. This could include challenging schoolwork, relationship issues, or anything else that causes you anxiety or distress.

Once you've identified the sources of stress, you can then work on developing coping strategies that will help you manage it. Here are some tips to get started:



1. **Find healthy outlets** – Try to engage in activities that allow you to express yourself and de-stress, such as journaling, yoga, or physical exercise.



2. **Talk it out** – Don't be afraid to reach out and talk about your stressors with someone you trust. This could be a family member, friend, or mental health professional.



3. **Take breaks** – Make sure to take regular breaks throughout the day to give yourself time for self-care and relaxation. This can be anything from a few minutes of meditation to watching some TV.



4. **Make time for what matters** – Take the time to focus on activities that bring you joy and give you a sense of purpose. This could include spending time with loved ones, exploring your hobbies, or volunteering in your community.

**Answer these questions to help identify your own stressors and develop coping strategies:**

What sources of stress can you identify in your life?

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What activities make you feel relaxed and recharged?

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Who are the people that you trust to talk to about your stressors?

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How often do you take breaks for self-care?

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What activities bring you joy and a sense of purpose?

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In conclusion, it's important to identify the sources of your stress and develop healthy coping strategies in order to manage it effectively.

Take the time to explore different outlets that can help you relax and recharge, have meaningful conversations with trusted people, and make sure to prioritize activities that bring you joy.

With these strategies, you'll be better equipped to manage stress and live a happier life.

## #5: KNOW YOUR WORTH

As a teenager, it's easy to feel like you don't matter and that your voice doesn't count. But this isn't true – you have so much to offer, and you should never underestimate or undervalue yourself or what you have to say.

### Here are some tips to help you build self-confidence and remind yourself of your worth:

1. **Practice self-compassion** – Be kind to yourself and recognize that mistakes are part of the learning process.
2. **Celebrate successes** – Recognize your successes, big or small, and take pride in your accomplishments.
3. **Rely on positive affirmations** – Write down positive affirmations and read them to yourself every day. This can be a great way to boost your confidence and remind yourself that you are capable of achieving anything.
4. **Take care of yourself** – Nourish your body with healthy foods, get enough sleep, and engage in activities that make you feel happy and relaxed. Taking care of your physical and mental health is essential for building self-esteem.

### Answer these questions to help you build self-confidence and know your worth as a teenager:

1. How can you practice self-compassion? \_\_\_\_\_  
\_\_\_\_\_
2. What successes have you achieved lately that you're proud of? \_\_\_\_\_  
\_\_\_\_\_
3. What positive affirmations can you use to boost your confidence? \_\_\_\_\_  
\_\_\_\_\_
4. What are some ways that you can take care of your physical and mental health? \_\_\_\_\_  
\_\_\_\_\_
5. How can you remind yourself of your own worth? \_\_\_\_\_  
\_\_\_\_\_

## USE THESE 25 POWERFUL SELF-WORTH AFFIRMATIONS FOR TEENAGERS TO BOOST YOUR CONFIDENCE:

1. I am capable of achieving anything I set my mind to.
2. I have the power to create positive change in my life and in the world.
3. I matter and my voice counts.
4. Everything I need is within me.
5. My mistakes do not define me; they are simply part of the learning process.
6. I am worthy of love and respect.
7. I choose to focus on the good in my life.
8. I trust in my own abilities and decisions.
9. I am enough.
10. I can handle anything that comes my way.
11. I am strong and courageous.
12. I am capable of making a difference in the world.
13. I will never give up on myself.
14. My possibilities are endless.
15. I choose to see my potential and act on it.
16. I am worthy of joy and happiness.
17. Nothing is impossible for me to achieve.
18. I am proud of who I am and all that I have accomplished.
19. I choose to believe in myself.
20. I will never settle for anything less than what I deserve.
21. I am confident in my own unique gifts and talents.
22. Every day, my self-esteem grows even stronger.
23. I have the strength to make my own decisions.
24. I am worthy of success and abundance.
25. My future is brighter than ever before!

These positive affirmations can be incredibly powerful tools in helping you gain confidence and a strong sense of self-worth as a teenager. Use them to remind yourself of your own worth and the potential you have to make a positive impact on the world.

## #6: EXPLORING YOUR STRENGTHS AND WEAKNESSES

By exploring your strengths and weaknesses as a teenager, you will gain a better understanding of who you are as a person and what kinds of opportunities are available to you. Doing this will help you build a strong sense of self-esteem and confidence.

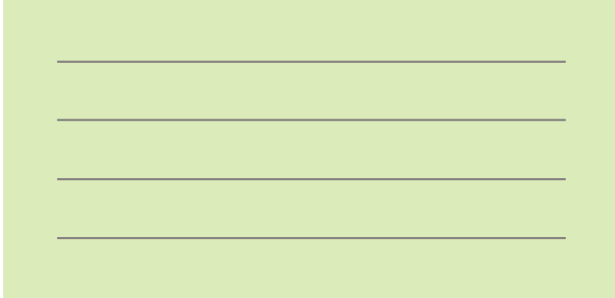


### How to identify your strengths and weaknesses and take action:

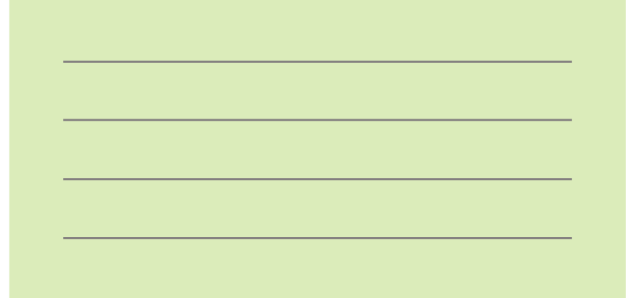
1. **Make a list of your qualities** – Write down both positive and negative qualities that makeup who you are. Ask yourself which ones feel the most natural to you, and which ones don't feel right at all.
2. **Identify areas of improvement** – Once you have identified your strengths, think about areas that you could improve upon. What skills do you want to develop or what knowledge do you need to acquire?
3. **Ask for feedback** – Talk to people who know you well, such as friends and family, and ask them what they think are your strengths and weaknesses. This can help give you a more balanced view of yourself.
4. **Reflect on your experiences** – Think about the experiences that you have had and what you learned from them. Reflecting on these experiences can help you identify both your strengths and weaknesses.
5. **Take action** – Use what you have identified to create a plan for personal growth. Find strategies that will help you grow and develop as a person, such as taking classes or reading books.

**Answer these questions to help you build self-confidence and know your worth as a teenager:**

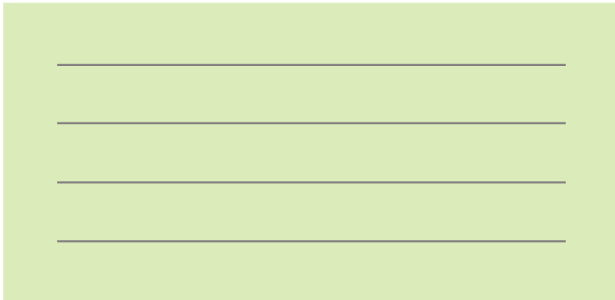
1. What do I enjoy doing?



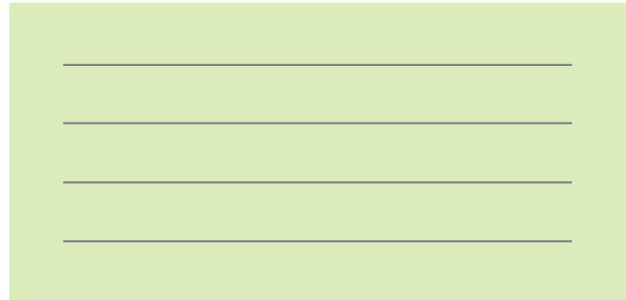
2. What makes me feel proud of myself?



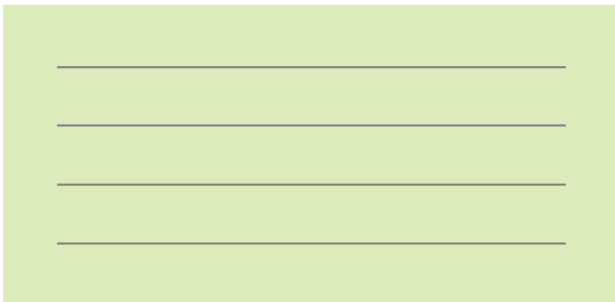
3. What am I naturally good at doing?



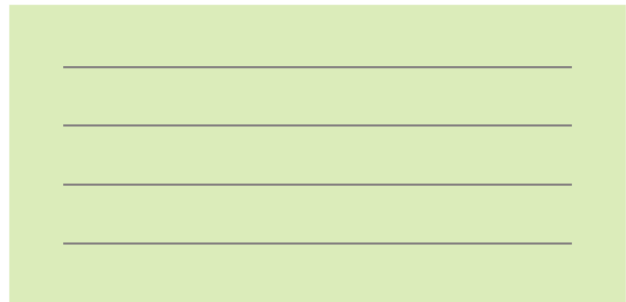
4. Are there any areas that I find challenging or difficult?



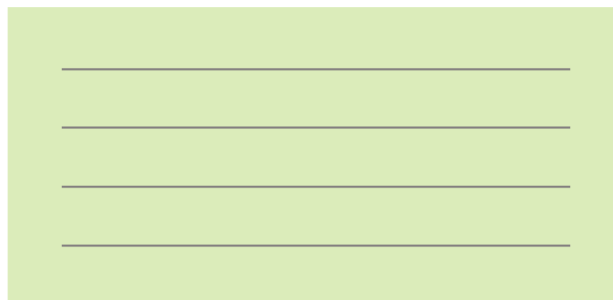
5. What would others say are my strengths and weaknesses from their perspective?



6. What do I want to improve about myself?



7. How can I grow and develop in the areas that I am weak in?

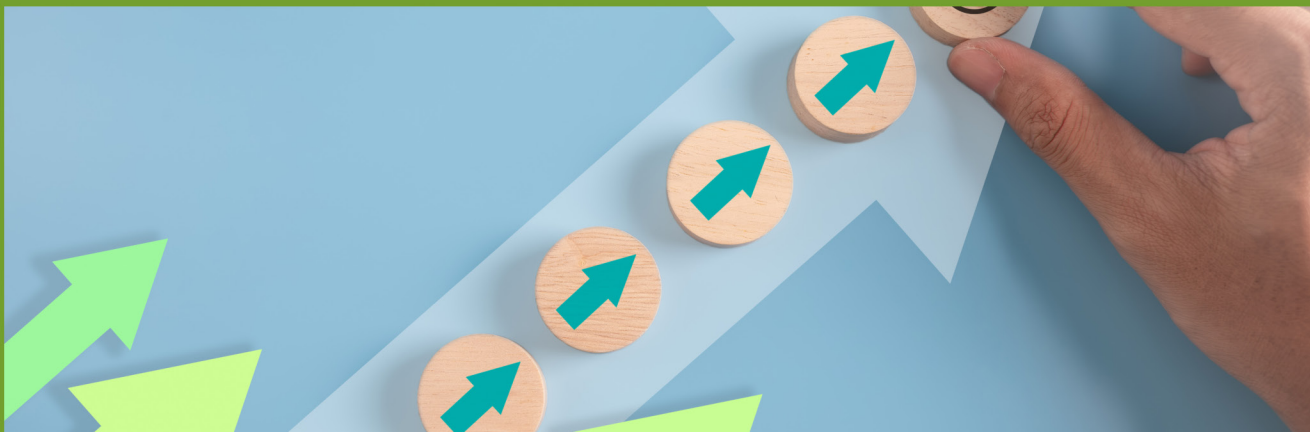


## #7: CREATE YOUR CAREER AND SUCCESS PLAN

Your teenage years are the time to start planning for your future. Creating a plan for your career and success will help you develop the skills and knowledge necessary to achieve your goals.

### Here are the 6 steps to plan your future success:

1. **Identify Your Goals** – Think about what kind of job or career you would like to pursue, where you want to be in 10 years, and what values and goals you want to achieve.
2. **Develop Your Skills** – Make a list of the skills and knowledge needed for your ideal job or career, and take steps to acquire them. Look into courses that help you develop those skills, and read books about related topics.
3. **Evaluate Your Network** – Think about who in your network can help you achieve your goals. Reach out to people who have the knowledge and experience that you need, and build relationships with them.
4. **Set Time-Based Milestones** – Break down your long-term goals into smaller, achievable steps by setting time-based milestones. Once you complete each milestone, reward yourself for a job well done.
5. **Create an Action Plan** – Outline the steps you will take to reach your goals, and make a commitment to follow through with them. This plan should include specific tasks that you need to complete each day or week in order to stay on track.
6. **Evaluate Your Progress** – Regularly evaluate your progress to ensure you are staying on track. Make adjustments as necessary to keep your plan moving forward.



**Answer these questions to help you build your success plan:**

1. What do I want to be known for? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What am I passionate about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What kind of job would make me feel successful and fulfilled? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What long-term goals do I want to achieve? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What skills do I need to get there? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Who in my network could help me reach my goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. What short-term milestones should I set to work towards my long-term goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. What action steps can I take every day or week to move closer to my goals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. How will I measure and evaluate my progress? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. What rewards can I set for milestones achieved? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

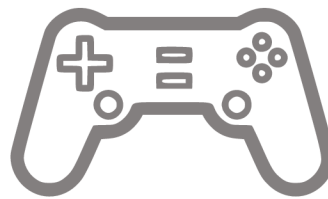
11. How will I stay motivated and accountable? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Be prepared to avoid these:**

1. **Social media** – Spending too much time on social media can be a major distraction and lead to procrastination.
2. **Video games** – Playing video games can become addictive, leading to hours wasted each day instead of focusing on your dreams.
3. **Distractions from others** – It is easy to be swayed by the opinions of others and lose sight of your own goals.
4. **Lack of motivation** – Having a lack of enthusiasm or motivation can make it difficult to focus on your goals.
5. **Fear of failure** – Fear can lead to procrastination, which can cause you to miss out on opportunities that could help you reach your goals.



**Social Media**



**Video Games**



**Distractions from others**



**Lack of motivation**



**Fear of failure**

By actively working to plan your future, you will be able to reach your goals and develop the skills needed for success. Don't let anything stand in your way – take control of your life and make it happen!

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ADDITIONAL  
SELF-DISCOVERY

JOURNAL PROMPTS  
FOR TEENAGERS



























































