

## TRAUMA-INFORMED LIVING

### UNIT 1 – PERSONAL WELLNESS

#### PERSONAL SAFETY:

- Lesson 1 – Personal Safety – Bodily Safety
- Lesson 2 – Personal Safety – Emotional Safety
- Lesson 3 – Personal Safety – Relational Safety
- Lesson 4 – Personal Safety – Parental or Caregiver Safety
- Lesson 5 – Personal Safety – Sexual Safety

#### RECOGNIZING POTENTIAL BARRIERS:

- Lesson 6 – Recognizing Potential Barriers – ADHD
- Lesson 7 – Recognizing Potential Barriers – Panic Attacks
- Lesson 8 – Recognizing Potential Barriers – Obsessive-Compulsive Disorder (OCD)
- Lesson 9 – Recognizing Potential Barriers – Sleep Problems & Insomnia
- Lesson 10 – Recognizing Potential Barriers – Internet Addiction

#### SELF-ESTEEM:

- Lesson 11 – Self-Esteem – Body Image & Eating Disorders
- Lesson 12 – Self-Esteem – It’s All About Perspective
- Lesson 13 – Self-Esteem – Emotional Eating
- Lesson 14 – Self-Esteem – Ethical Issues
- Lesson 15 – Self-Esteem – How to Be Self-Confident

#### HELPLESSNESS TO HOPEFULNESS:

- Lesson 16 – Helplessness to Hopefulness – Reaching Out to Others
- Lesson 17 – Helplessness to Hopefulness – Being Honest with Reality
- Lesson 18 – Helplessness to Hopefulness – Rejection to Restoration
- Lesson 19 – Helplessness to Hopefulness – Finding the Source of Helplessness
- Lesson 20 – Helplessness to Hopefulness – Changing Our Negative Thinking

### UNIT 2 – LIVING WITH TRAUMA

#### SOCIAL-EMOTIONAL TRAUMA:

- Lesson 21 – Social-Emotional Trauma – Trauma and PTSD
- Lesson 22 – Social-Emotional Trauma – Breaking Through Social Stereotypes
- Lesson 23 – Social-Emotional Trauma – Trauma and Success
- Lesson 24 – Social-Emotional Trauma – ACEs Scores & Graduation
- Lesson 25 – Social-Emotional Trauma – Experiencing Loss

#### REAL-LIFE CHILDHOOD TRAUMA:

- Lesson 26 – Real-Life Childhood Trauma – Protecting Our Family
- Lesson 27 – Real-Life Childhood Trauma – Unjust Criminal Charges
- Lesson 28 – Real-Life Childhood Trauma – Trauma That Leads to Pain & Suicidal Thoughts
- Lesson 29 – Real-Life Childhood Trauma – Neglect and Abandonment
- Lesson 30 – Real-Life Childhood Trauma – Natural or Uncontrollable Disasters

#### DEALING WITH DEPRESSION:

- Lesson 31 – Dealing with Depression – What is Depression?
- Lesson 32 – Dealing with Depression – How Common is Depression?
- Lesson 33 – Dealing with Depression – Depressed Friends
- Lesson 34 – Dealing with Depression – How to Recognize Depression
- Lesson 35 – Dealing with Depression – Causes of Depression

#### OVERCOMING ANXIETY:

- Lesson 36 – Overcoming Anxiety – How to Deal with and Overcome Anxiety
- Lesson 37 – Overcoming Anxiety – How to Feel Better
- Lesson 38 – Overcoming Anxiety – Who Should I Tell and Not Tell?
- Lesson 39 – Overcoming Anxiety – How to Get Help
- Lesson 40 – Overcoming Anxiety – Prevention

## UNIT 3 – MENTAL HEALTH AWARENESS AND ASSISTANCE

### PREVENTION OF MENTAL HEALTH DISORDERS:

- Lesson 41 – Prevention of Mental Health Disorders – Maintaining a Routine Schedule
- Lesson 42 – Prevention of Mental Health Disorders – Paying Attention to Warning Signs
- Lesson 43 – Prevention of Mental Health Disorders – Relationship Boundaries
- Lesson 44 – Prevention of Mental Health Disorders – Resisting Isolation
- Lesson 45 – Prevention of Mental Health Disorders – Communicating Stress in the Moment

### REDUCING THE STIGMA OF MENTAL HEALTH:

- Lesson 46 – Reducing the Stigma of Mental Health – Feeling Sad About What We Feel
- Lesson 47 – Reducing the Stigma of Mental Health – Feeling Ashamed for Being Depressed
- Lesson 48 – Reducing the Stigma of Mental Health – It’s Ok to Talk About It
- Lesson 49 – Reducing the Stigma of Mental Health – Protecting Those with Mental Health Illnesses
- Lesson 50 – Reducing the Stigma of Mental Health – Minimizing the Importance or Issue

### SIGNS AND SYMPTOMS OF MENTAL HEALTH DISORDERS:

- Lesson 51 – Signs and Symptoms of Mental Health Disorders – Long-Lasting Sadness
- Lesson 52 – Signs and Symptoms of Mental Health Disorders – Being Irritable or Easily Frustrated
- Lesson 53 – Signs and Symptoms of Mental Health Disorders – Social Withdrawal
- Lesson 54 – Signs and Symptoms of Mental Health Disorders – Excessive Fear, Worry or Anxiety
- Lesson 55 – Signs and Symptoms of Mental Health Disorders – Dramatic Changes in Eating or Sleeping Habits

### WARNING SIGNS:

- Lesson 56 – Warning Signs – Depression Warning Signs
- Lesson 57 – Warning Signs – Anxiety Warning Signs
- Lesson 58 – Warning Signs – Manipulation & Abuse Warning Signs
- Lesson 59 – Warning Signs – Hopelessness Warning Signs
- Lesson 60 – Warning Signs – Suicide Warning Signs

## UNIT 4 – SUICIDE PREVENTION

### SUICIDE PREVENTION:

- Lesson 61 – Suicide Prevention – Talking about Suicide
- Lesson 62 – Suicide Prevention – What to Do If Your Friend Is Talking about Suicide
- Lesson 63 – Suicide Prevention – Building Community and Support to Reduce Risk
- Lesson 64 - Suicide Prevention – Finding Help Online & In Your Community
- Lesson 65 - Suicide Prevention – Reducing Stigma and Shame of Suicide

### IDENTIFYING SUICIDE RISKS AND PROTECTIVE FACTORS:

- Lesson 66 – Identifying Suicide Risks and Protective Factors – Mental Health and Substance Abuse
- Lesson 67 – Identifying Suicide Risks and Protective Factors – Evaluate Your Circle
- Lesson 68 – Identifying Suicide Risks and Protective Factors – Thinking Objectively About Our Feelings
- Lesson 69 – Identifying Suicide Risks and Protective Factors – “Just Take it Easy, Man”
- Lesson 70 – Identifying Suicide Risks and Protective Factors – Self-Care is Not Selfish

### THERE’S NO SHAME IN ASKING FOR HELP:

- Lesson 71 – There’s No Shame in Asking for Help – Embracing Vulnerability
- Lesson 72 – There’s No Shame in Asking for Help – Leaning on Others
- Lesson 73 – There’s No Shame in Asking for Help – Letting Others Lean on You
- Lesson 74 – There’s No Shame in Asking for Help – Communication Techniques
- Lesson 75 – There’s No Shame in Asking for Help – Change the Conversation

### FINDING AVAILABLE COMMUNITY SUICIDE PREVENTION RESOURCES:

- Lesson 76 – Finding Available Community Suicide Prevention Resources – Local Crisis Centers
- Lesson 77 – Finding Available Community Suicide Prevention Resources – Hotlines
- Lesson 78 – Finding Available Community Suicide Prevention Resources – Friends and Family
- Lesson 79 – Finding Available Community Suicide Prevention Resources – School Resources
- Lesson 80 – Finding Available Community Suicide Prevention Resources – Seeking Therapy