## What Are Your Sources of Strength?

FAMILY SUPPORT	Whether related to us by blood, or by choice, these are the people who support, nurture, and care for us.
POSITIVE FRIENDS	Positive friends lift us up, make us laugh, are honest with us, and are there for us when we need them.
MENTORS	A Mentor is an experienced person who shares their insight to help guide us, and help us draw on our own strengths to be the best version of ourselves.
HEALTHY ACTIVITIES	When we feel stressed, Healthy Activies - whether they are social, physical, or emotional - help us unwind, lift our mood, and gain clarity.
GENEROSITY	Generosity can look a lot of different ways, from donating money or time, to being intentionally kind to other people. These acts of kindness towards others, big or small, can make an impact on how we feel about ourselves.
SPIRITUALITY	Spirituality is practiced in many ways, but at it's core we consider what gives us a sense of purpose and connection in our spirit. Thankfulness is a profound way to practice Spirituality together no matter what our cultural heritage and/or spiritual tradition.
MEDICAL ACCESS	When we are injured, we don't have to stay in pain. We can get better, with access to the medical care we need and deserve. Physical and social/emotional pain are often intergrated and it's important to take care of our bodies, hearts, and minds.

**MENTAL HEALTH** 

Mental Healthis all about getting the support we need and deserve to help us when we are struggling. Our mental health is a very important part of living a healthy life, and oftentimes, getting together with a trusted person, a counselor, or a doctor can help empower us to overcome internal struggles we might be facing.

Manvel Public School
Promoting Hope, Health & Strength

## SOURCES OF STRENGTH PEER LEADER MISSION STATEMENT

## We Are Sources of Strength

We are a group of diverse students and adults from many different corners and cultures of our school and community. We believe that life has ups and downs, that all of us will go through good times and tough times. Our mission is to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up.

Our mission is to spread Hope, Help, and Strength into every corner of our community.

Our mission is to help students and staff turn to their strengths and their supports that are all around. We are **Connectors** to Help and Strength.

Our mission recognizes that our voice has great power and we use it to **BREAK the SILENCE** when someone is struggling, and to connect them to the help they need and deserve.

We spread hope by focusing on stories of strength, rather than on stories of trauma. We know our most powerful impact comes from our personal actions, conversations, and messages that use our music, our art, our writing, our activities, our social media, our culture, and our voice. This gives life to our efforts.

We are Sources of Strength





HOM DO AON LEEFT S



I FEEL AWESOME!



I'M DOING WELL.



NOT GOOD, NOT BAD, I'M FINE.



IFEEL SAD.



I AM ANGRY!



I FEEL WORRIED OR ANXIOUS



I AM TIRED

WHAT'S A STRENGTH YOU USED THIS WEEK?



