

<b>Links in Your CHAIN of Protective Factors</b>	<b>Now</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Physical Health Habits</b>					
Good sleep habits - at least 7 hours per night, regular bedtime					
Eat nutritious food - not much junk food or sugar					
Get at least 30 minutes of exercise every day					
Do yoga, sports, or dance at least once per week					
<b>Coping Skills</b>					
Communicates assertively					
Can assess the pros and cons of situations and make decisions					
Knows and uses relaxation techniques					

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Knows and uses problem-solving techniques					
Can cope with not being perfect and making mistakes					
Can identify distorted thinking and make adjustments					
Knows how to handle bullies					
<b>Interpersonal Skills and Relationships (family and friends)</b>					
Feels loved and feels love for others					
Respects others and acts respectfully					
Can disagree and still be friends					
Does not engage in gossip					
Does not engage in bullying					
<b>Emotional Awareness and Expression</b>					
Able to identify your emotions on the spot					

<b>Links in Your CHAIN of Protective Factors</b>	<b>Now</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Can accept your emotions					
Can productively express and/or share your emotions					
<b>Sense of Purpose</b>					
You have identified your top 3 values					
You have goals for your life that line up with your values					
You do things every day to help you reach your goals					
You know you have a purpose, even if you don't yet know what that purpose is					
You can admit that you don't know everything, and you are willing to learn					

Links in Your CHAIN of Protective Factors (continued)	Now	Week 1	Week 2	Week 3	Week 4
<b>Positive Mental Attitude</b>					
You know you aren't perfect (nobody is) and you accept yourself					
You love yourself					
You are optimistic about life					
You don't dwell on your mistakes and instead see them as an opportunity to learn					
You approach everyone with kindness					
You maintain an attitude of gratitude					