We are Inspiring the Future Leaders of Louisiana and Beyond!

Welcome, my friends!

Jeff Yalden

BE INFLUENTIAL... CHANGE THE WORLD!

BOYS & GIRLS CLUBS OF AMERICA

Training Change Agents of The Boys & Girls Club

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"Change is the only constant in life!" – Heraclitus

Life is all about Perspective . . .

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"My greatest mistake is that I've hurt people along the path of becoming the man I aspire to be." – Jeff Yalden

The Mindset

Fixed Mindset or Growth Mindset . . . **Your Choice!**

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"Today's young people will be working in careers that don't even exist yet." – Jeff Yalden

What is the new normal moving forward?

- 5 Year Plan
- Permanent Flexibility
- What is NORMAL?

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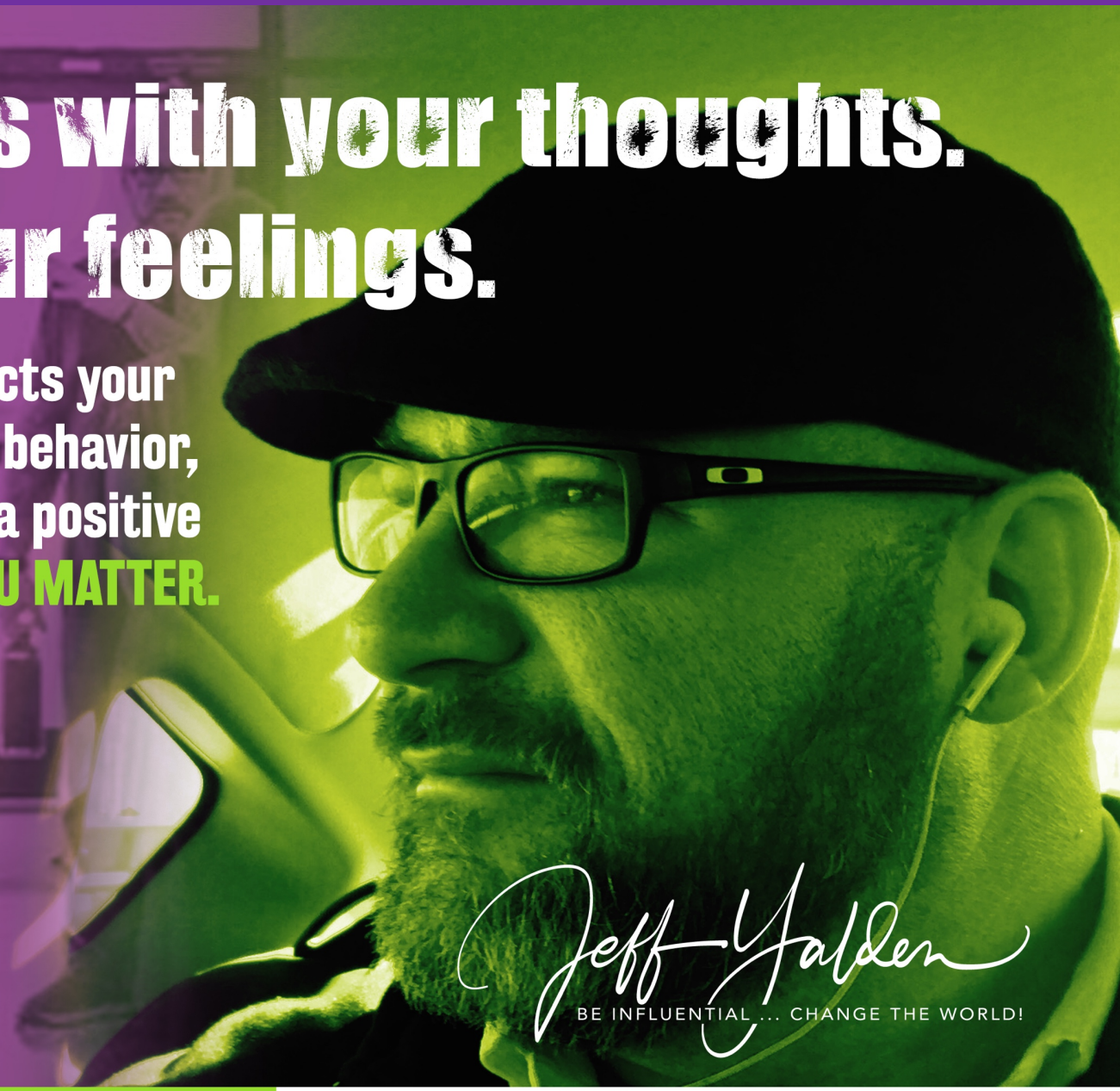
Mental health begins with your thoughts. Thoughts impact your feelings.

Feelings impact your behavior. Behavior affects your thoughts. A positive attitude drives positive behavior, and that positive behavior usually results in a positive outcome. **YOUR MENTAL HEALTH MATTERS. YOU MATTER.**

It's OK to talk to someone. I do!

Speak Up; Reach Out
It's OK to ask for HELP!

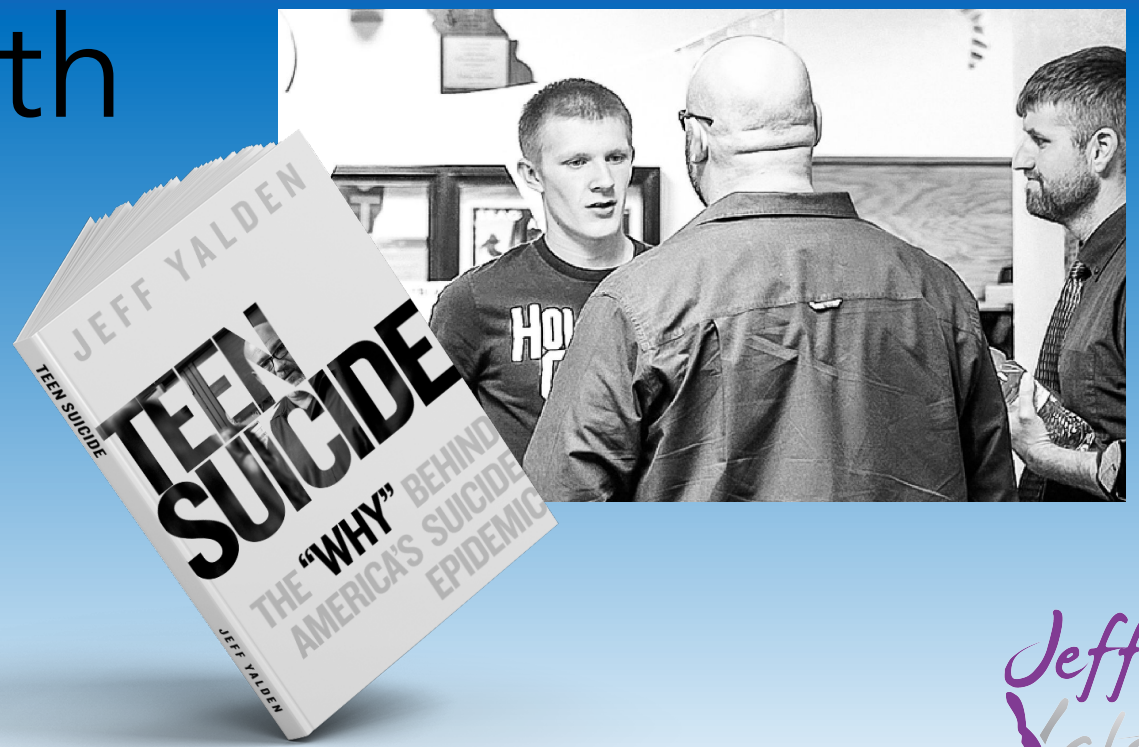


Follow : @JeffYalden @MentalHydration

"Growing Up Teenager Today is Harder than it's Ever Been.
Parenting Today is Harder than it's Ever Been Too!" – Jeff Yalden

Teen Mental Health

My Concern for Today's
Youth, Parents, and
School Communities



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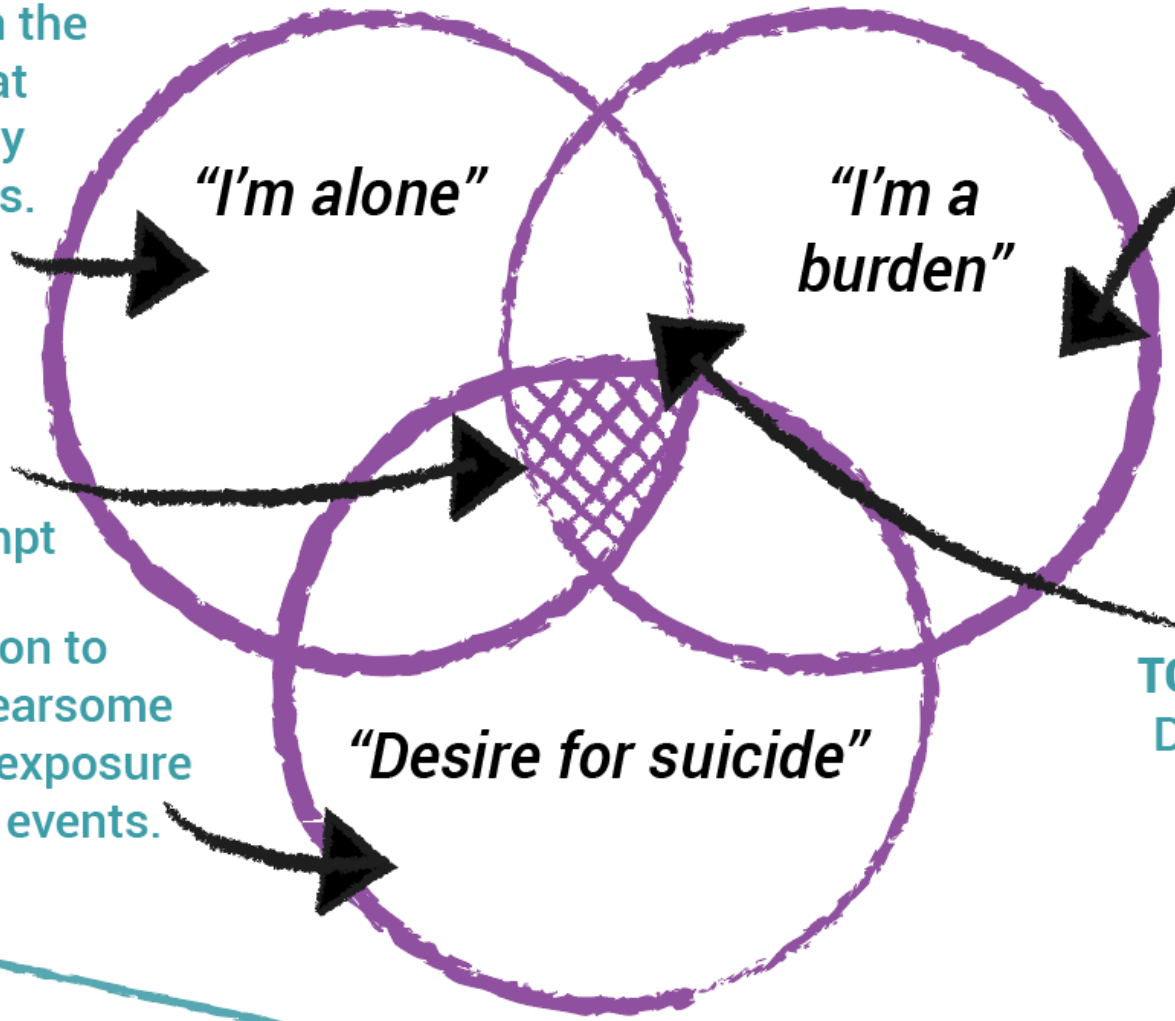
Theory of Teen Suicide

This represents a belief on the part of the individual that he/she doesn't have any meaningful relationships.



This represents a **BELIEF** on the part of the individual that he/she doesn't make any notable contributions to the world. Serves as a liability.

SELF HARM
Cry for help/
possible suicide attempt

Represents habituation to physiological pain and fearsome experiences to repeated exposure to painful & provocative events.

TOGETHER
Desire for suicide

your story is not over yet

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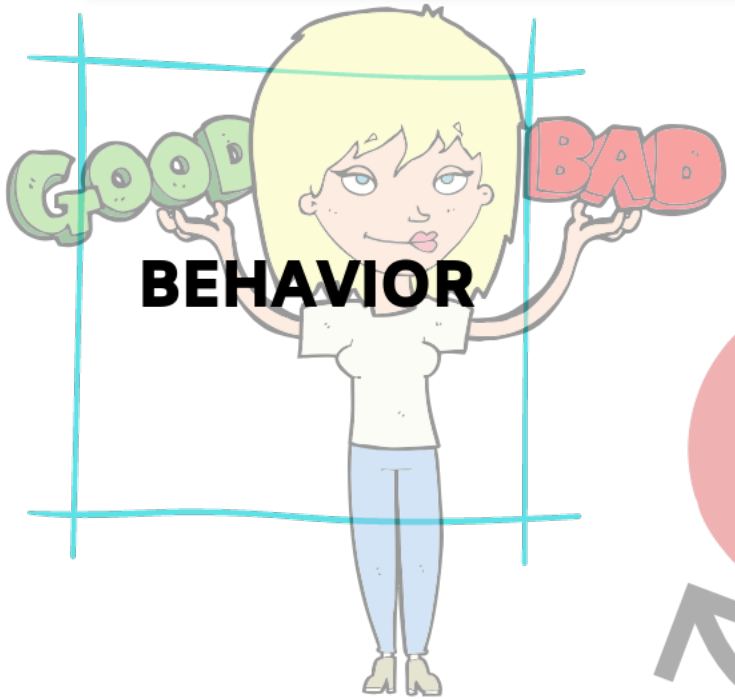
FOUNDATION, INC
Mental Health ; Suicide Prevention

SITUATION



BEHAVIOR

THOUGHTS

FEELINGS

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Mental Health Awareness ; Suicide Prevention

Behavioral Activation (BA) is effortful to begin with . . .

Don't Do This!

Do This!

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Mental Health Awareness ; Suicide Prevention

Choose You. Choose Life. Choose Success.

- Taking Personal Responsibility
- Victim or Victor
- Bitter or Better
- Growth Mindset or Fixed Mindset

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The Eight Soul Questions

Live to Love . . . Love to Serve!

- Who are you?
- Where are you?
- How are you?
- What do you want?
- How are you going to get what you want?
- What are you willing to do to achieve this?
- In order to receive this, what are you willing to give for this?
- What are you grateful for?

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Roles in the New Normal

Live to Love . . . Love to Serve!

Leadership

- Ways to LEAD Effectively
  - Verbal
  - Demonstrate
  - Assist and Adjust
- Be Influentially Positive & Supportive
  - LOVE is spelled T-I-M-E
  - Your Self-Care
  - Balance & Boundaries
  - Influence and Mentor NOT Friendship

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Roles in the New Normal

Live to Love . . . Love to Serve!

TEENAGERS

- *"Seek first to understand, then to be understood."* - Dr. Stephen Covey
- Growth Mindset
- Don't be afraid to ASK Questions
- Self-Care
- Learn to say, "NO."
- Balance & Boundaries
- Dopamine Effect
- College or Trade
- Believe in YOURSELF
- Read
- Self-Motivation

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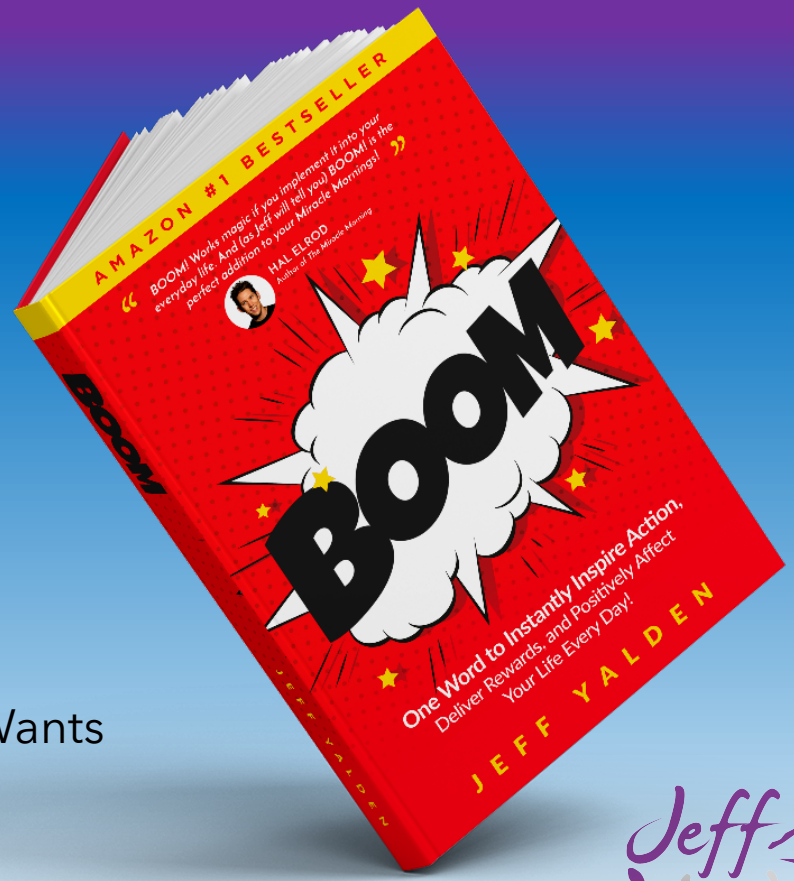
Principles of Life

Developing a Moral Compass – Foundation of Self-Grit, Resiliency, and Hope

- Roots of the TREE
  - Ethical Guide Displayed OUTWARD
    - How You Treat Others
      - Compassion, Non-Violent
      - Speak and Live the TRUTH, Honesty
      - Non-Stealing or Taking from Others
      - Self-Control, Moderation, Balance, Boundaries
      - Non-Attachment: Things, Feelings, Thoughts, Wants



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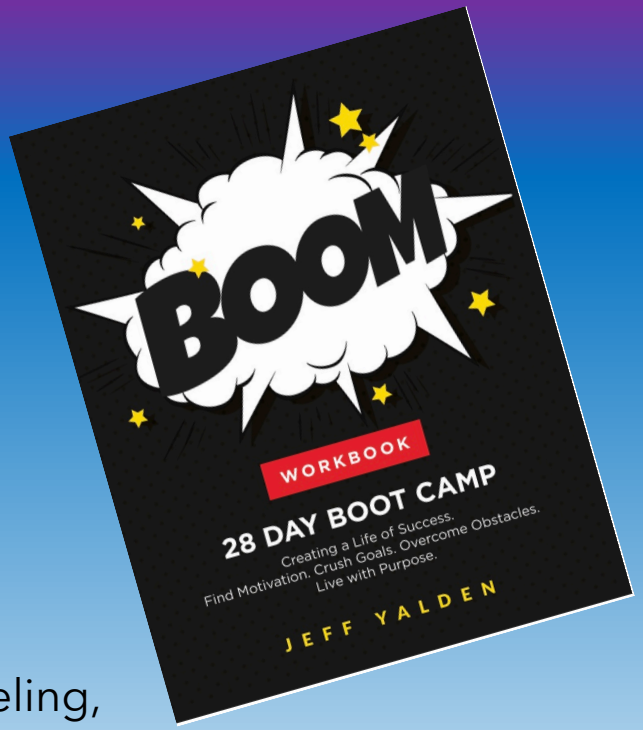
Principles of Life

Developing a Moral Compass – Foundation of Self-Grit, Resiliency, and Hope

- Trunk of the TREE
  - Ethical Guide Displayed INWARD
    - How You Treat Yourself
      - Purity/Cleanliness
      - Contentment, Peace
      - Self-Discipline
      - Self-Study
      - Surrendering to Higher Power
        - Personal Faith, Belief, Meditation, Family, Therapy, Counseling, Parents, Trusted and Significant People, Hope, Healing, etc.



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What is Happiness?

Peace of Mind. Pure Joy. Family. Time. Freedom.

?

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Purpose of Life

Love Others!

Serve Others!

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How to Achieve Happiness

- Self-Care
- Talk
- Patience
- Process
- Breathe
- Commitment
- Routine
- Structure
- Learn to Say, “No!”
- Exercise

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References:

Please Visit:

[Click Here for References]

Thank you for joining us!

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WE NEED YOUR HELP TODAY
DONATE NOW
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