



After School Activities

Cities Project Recap:

The Cities Project has recently been learning about what trauma is and how it can affect our day-to-day life. Through conversations and activities, the mentors and mentees have been learning what trauma can look like, understanding and recognizing our reactions to trauma, and healthy ways to cope with trauma. The mentors and mentees examined the difference between stress and trauma, and how our bodies can react to stressful and traumatic situations. As they have discussed the topic of trauma, they also have been practicing mindfulness and learning about the different states of mind everyone has. Every spring, the mentors and mentees decide on an area of the community to form an advocacy project around. The students have finalized their area of focus and have begun research to start planning. The advocacy project will take place throughout the rest of the school year.

Throughout the week the Cities Project will be holding additional days for the mentees to further the work being done on the Wednesday sessions!

Monday/Virtual

Meeting ID: 947 9076 1674

Password: 353652

Tuesday/In-Person

Wednesday/In-Person

Thursday/In-Person

Friday/Virtual

Meeting ID: 988 1561 6289

Password: 008007

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Normal Stress

(Dealing with Problems)

BODY

- Heart pounding
- Rapid breathing
- Achey
- Fight or flight

FEELING

- Excited or worried
- Frustrated, but determined
- Angry or scared
- Some loss of control
- Worried about yourself

THINKING

- Some clear thinking
- Some clear memories

ACTIONS

- Acting rapidly
- Facing problems
- Taking on challenges
- Searching for solutions

Stress & Trauma

(Feeling Overwhelmed)

BODY

- Heart feels like bursting
- Feeling smothered
- Muscles feel like exploding
- Overreacting or freezing

FEELING

- Terrified or panicked
- Hopeless or doomed
- Enraged or aggressive
- Helpless or out of control
- Worthless, like a failure

THINKING

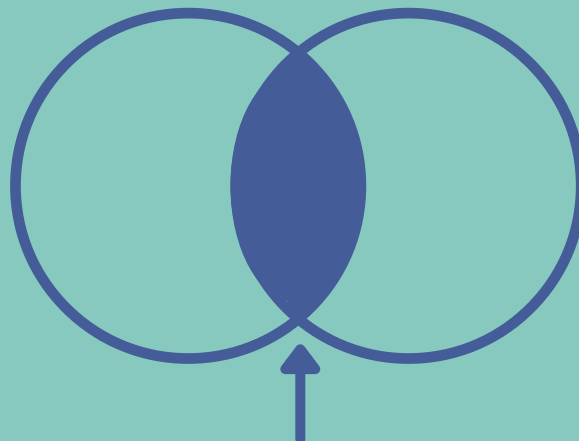
- Confused, mentally shut down
- Memory like a broken puzzle

ACTIONS

- Automatic reflexes or freezing
- Avoiding problems
- Taking dangerous risks
- Making a mess of your life

Mindfulness: State of Mind

**Emotion
Mind**



**Robotic
Mind**

Wise Mind