

Honestly, the best policy

Emily Chafen (11) is an example of how powerful it is to be honest and truthful with yourself. "I wear my emotions on my sleeve, so my mental health affects everything I say and do" Chafen said. Mental health is not only an important aspect of her life, but can be a large factor in making decisions for her.
Photo by K. McCormick



Feel Your Feelings

With mental health, it is important to learn how to identify what emotions are what. "I think good mental health is something I take for granted," Anna Chiltoon (11) said. Finding things that consistently make you happy and taking part in it can help make positive mental health more present.
Photo by T. Glucker

You are Never Alone It's important to realize that things always get better in the long term. "When you need a break and feel like you can't take one, it's difficult to find motivation to keep going," Austin Weske (11) said. As an IB student, Weske credited the majority of his stress to school work and grades.
Photo by K. McCormick



prioritizing **MENTAL HEALTH** and wellness

Tests, crowded hallways, work overload, and struggles with peers were all common sources of anxiety for students. Approximately 30% of high school students in Colorado reported having poor mental health within their high school years.

This period of time was pivotal for defining one's identity within themselves and their peers. "Mental health is a huge contributor to creating your identity because it can change a person," Aspen Larson (10) said. Everyone cared for their mental health in a unique ways. Some found peace in focusing on the brighter times. "Life is full of painful experiences, but tomorrow is always a new day," Callum Cobb (11) said. Keeping a positive outlook was essential for staying hopeful.

Finding healthy ways to cope with mental health contributed to individuality. Coping created an outlet where students could be themselves and feel their emotions. "Thankfully, I have been blessed with many supportive people in my life and found the activities that help me unwind," Anna Chilton (11) said. Support systems kept many students afloat.

Although mental health gradually became a more normalized subject for many, there was still a long road ahead before it could become a comfortable conversation topic for all. A person's mental health, whether it be in positive condition or rough around the edges, was uniquely personal which is adding to their own individual identity.



"Mental health is associated with negative impact, but it can also be positive impact."

-Andy Tren (11)

Tell Your Story Many high school students suffer from lack of sleep, due to homework or stress. "We don't get enough sleep and we're constantly exhausted," Gabriella Paganini (11) said. This leaves her feeling exhausted throughout the school day. However, she is able to find joy when she's with her friends.

