



7 Day Action Plan

Sunday, May 5	Monday, Mon. 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10	Saturday, May 11
Consider your personal journey with mental health and wellness. How have you navigated feelings of anxiety, hopelessness, stress, or loneliness?	Ask open-ended questions in your conversations. Tune into your curiosity and ask follow-up questions to dive deeper than normal.	Practice active listening in a conversation. Reflect back the feelings you hear from the other person.	Consider how your school, community, or workplace could center youth perspectives. Perhaps a focus group or Youth Advisory Board could provide insight...	Reflect on how you cope when times get tough. Get ideas from youth who shared their strategies.	Demonstrate vulnerability and share some of your personal mental health journey with someone you haven't opened up to.	Reach out to a young person in your life, perhaps a neighbor or family friend. Remind them that you are a person they can talk to.

Explore our new resources featuring recommendations and insights of Wisconsin high school students on our [Children's Mental Health Week 2024 page](#).

