

Superpowers: Personalized Support for Any Challenge

Apology Ambassador

Reactive



Heal relationships by learning the art of apologizing

Benefits

- Rebuild friendships and trust when you've made a mistake
- Show others you care about their feelings and want to make things right
- Learn from mistakes and become better at handling conflicts

Big Picture Believer

Reactive



Stay focused on your goals and keep the big picture in mind

Benefits

- Stay calm when small problems happen by remembering your main goals
- Make better choices by understanding how today's actions affect tomorrow
- Focus on what really matters instead of getting stuck on little details

Boundary Boss

Reactive



Break harmful cycles and use boundaries to prioritize yourself

Benefits

- Stand up for yourself and feel more confident in any situation
- Create healthier friendships where everyone respects each other's needs
- Feel less stressed by knowing exactly what you will and won't accept

Brain Fog Buster

Proactive



Take breaks to clear your mind and stay energized

Benefits

- Feel refreshed and ready to tackle challenging tasks with renewed energy
- Stay focused longer by giving your mind regular rest periods
- Remember more information by letting your brain process what you've learned

Brave heart

Reactive



Gain confidence in talking to someone special

Benefits

- Feel more relaxed and confident when talking to someone you like
- Plan better conversations instead of freezing up or feeling awkward
- Practice social skills that work for many different friendship situations

Calm Captain

Reactive



Stay calm while in moments it seems impossible

Benefits

- Take control of strong feelings by shifting focus to calming activities
- Create a mental break when emotions feel too big to handle
- Build confidence in managing stress through simple, enjoyable activities

Calm Commander

Reactive



Learn how to regulate emotions and not make situations worse

Benefits

- Notice your emotions before they take control of your actions
- Stay calm and make better choices when you feel angry or upset
- Handle tough feelings without doing something you'll regret later

Comparison Crusher

Proactive



Ditch the comparisons and embrace your awesome self

Benefits

- Focus on personal growth and celebrate small wins without looking at what others do
- Track your own progress instead of measuring yourself against friends or classmates
- Build confidence by appreciating your unique qualities and achievements

Compassion Coach

Proactive



Practice self-compassion to boost your self-confidence

Benefits

- Feel happier by replacing harsh self-talk with kind and understanding thoughts
- Bounce back from mistakes more easily by being gentle with yourself
- Build confidence by becoming your own supportive friend and ally

Compromise Champion

Reactive



Figure out how to turn a conflict into a win-win

Benefits

- Find peaceful solutions to disagreements with friends and family members
- Make better decisions that keep everyone happy and satisfied
- Build stronger relationships by showing others you care about their opinions

Cycle Supporter

Reactive



Manage discomfort, embrace self-care, and stay balanced during your cycle

Benefits

- Learn personalized strategies to effectively manage cramps and emotional stress
- Develop mindful self-care routines that help you feel more comfortable during your cycle

Decision Dynamo

Reactive



Make decisions that you'll feel confident and good about!

Benefits

- Make smarter choices by seeing all sides of a decision clearly
- Feel less stressed when facing tough decisions or problems
- Break down complicated choices into simple, manageable pieces

Empowered Expert

Reactive



Feel more empowered to speak up and get support

Benefits

- Express your needs clearly to friends and family without feeling guilty
- Navigate tough conversations with confidence and respect for everyone involved
- Build stronger relationships by being honest about your feelings and boundaries

Focus Finder

Proactive



Increase focus and decrease procrastination

Benefits

- Stay focused longer and get tasks done faster by controlling your environment
- Create better study habits by identifying what pulls you off track
- Learn practical strategies to block out noise and notifications that interrupt you

Friendship Builder

Reactive



Learn the ropes when it comes to making forever friends

Benefits

- Understand social situations better and feel more confident when meeting new people
- Create practical plans to overcome shyness and connect with others naturally
- Turn challenging social moments into opportunities for making new friends

Friendship Reflector

Proactive



Reflect on how time with friends impacts your mood

Benefits

- Recognize how different friends and activities affect your happiness and energy levels
- Make smarter choices about who to spend time with and when
- Build stronger friendships that support your mental health and well-being

Goal Getter

Proactive



Visualize positive outcomes to improve confidence and calmness

Benefits

- Feel calmer and more relaxed by picturing peaceful places in your mind
- Create positive feelings by imagining good things happening in detail
- Focus better on goals by seeing yourself succeed before it happens

Gratitude Grower

Proactive



Practice seeing the good in your everyday life

Benefits

- Feel happier by focusing on good things instead of dwelling on problems
- Build stronger friendships by showing others you value and appreciate them
- Stay calm during tough times by remembering what's still going right

Grief Guide

Reactive



Understand how to navigate the grieving process

Benefits

- Process difficult feelings in a healthy way without getting overwhelmed
- Find comfort and support when missing someone or something special
- Learn ways to take care of yourself during tough emotional times

Growth Grower

Reactive



Embrace challenges, learn from feedback, and rock setbacks

Benefits

- Tackle hard things without giving up because you know you can improve
- Turn mistakes into learning opportunities instead of feeling discouraged
- Feel confident trying new things because you trust in your ability to grow

Harmony Healer

Reactive



Reconnect with someone through mutual trust and respect

Benefits

- Understand others' feelings better and fix problems before they get bigger
- Express yourself clearly and avoid future misunderstandings with friends
- Build stronger friendships by showing you care about others' emotions

Impulse Inspector

Reactive



Navigate handling impulses and big emotions

Benefits

- Notice your emotions before they take control of your actions
- Take charge of tough moments instead of letting them control you
- Make better choices by giving yourself time to think first

Knowledge Seeker

Proactive



Explore what you'd like to know about mental health

Benefits

- Understand your feelings better and learn healthy ways to handle tough emotions
- Talk more openly with friends and trusted adults about mental health
- Recognize when you or others might need support from a counselor

Listening Legend

Reactive



Improve relationships by listening and responding carefully

Benefits

- Listen carefully to understand others' feelings and solve problems together
- Remember important details that friends and family share with you
- Build stronger relationships by showing others you truly care about them

Master of Calm

Proactive



Start a daily routine that helps you feel calm and refreshed

Benefits

- Notice small details around you to stay focused on the present moment
- Take control of overwhelming feelings by directing attention to your surroundings
- Create a mental pause button when emotions feel too intense

Memorization Master

Reactive



Boost your memory power!

Benefits

- Remember important facts and details more easily by connecting them to places you know well
- Reduce test anxiety by having a reliable way to recall information when needed
- Master any subject better by organizing information in a way your brain naturally understands

Mindshift Master

Reactive



Manage your inner voice to boost self-esteem and avoid negativity

Benefits

- Notice when your thoughts are making you feel bad unnecessarily
- Challenge negative thoughts and find more balanced ways to view situations
- Build confidence by learning to control how you interpret daily events

Mood Booster

Proactive



Plan daily activities to have fun and lift your mood

Benefits

- Find activities that match what you truly care about and bring joy
- Create realistic plans to make fun activities actually happen
- Handle roadblocks that get in the way of doing things you enjoy

Motivation Maverick

Proactive



Create a reward system to stay motivated and track progress

Benefits

- Find ways to enjoy boring tasks by connecting them to things you love
- Break big tasks into smaller pieces so they feel less overwhelming
- Create rewards for yourself that make getting work done more exciting

Organized Operator

Reactive



Tackle your to do list to put an end to procrastination

Benefits

- Organize tasks clearly so you know exactly what to do first
- Make better decisions about how to spend your time each day
- Feel less stressed because you have a clear plan for everything

Panic Conqueror

Reactive



Learn simple ways to stop a panic attack when it starts

Benefits

- Learn what to do when you have a panic attack
- Pause and breathe to calm down immediately
- Retrain your nervous system to not be as reactive

Perspective Pro

Proactive



Try to see things from others' views to build better relationships

Benefits

- Understand why friends or family members act the way they do
- Make better decisions by seeing situations from multiple angles
- Solve conflicts faster by understanding what others think and feel

Resilience Ranger

Reactive



Learn how to cope when life doesn't go your way

Benefits

- Find small moments of joy even in tough situations to feel more balanced
- Transform challenges into opportunities for personal growth and learning
- Stay calmer during hard times by focusing on what you can control

Respect Warrior

Reactive



Learn how to cope with harassment

Benefits

- Identify harassment and know when to seek help from trusted adults
- Create a safety plan to protect yourself and stay away from harmful situations
- Build confidence to speak up and set boundaries with people who bother you

Screen Time Maven

Proactive



Set healthy boundaries around screen time

Benefits

- Make better choices about when and how to use screens each day
- Feel proud of using technology in ways that help instead of distract
- Create healthier habits that give you more control over your time

Sleep Superhero

Proactive



Level up your sleep to boost your mood and feel energized

Benefits

- Feel more energized and focused during school and activities throughout your day
- Improve your mood and handle stress better when challenges come your way
- Remember things more easily and think more clearly when learning new material

Studious Star

Proactive



Create a study plan to organize your time and ace your next test

Benefits

- Organize your time better so you can get everything done without feeling overwhelmed
- Break big assignments into smaller, more manageable pieces that feel less scary

Support Seeker

Proactive



Reach out for help and not feel embarrassed when you do!

Benefits

- Connect with caring people who want to support you
- Build stronger friendships by being open with others

Therapist in Training

Reactive



Support those around you while also taking care of yourself

Benefits

- Listen and understand what others are going through when they need help
- Build stronger friendships by being there when friends face tough times
- Show kindness and care to make others feel supported and less alone

Values Voyager

Proactive



Find purpose through clearer values and personal goals

Benefits

- Discover what truly matters to you by organizing your values in a clear way
- Make better decisions that match your most important personal beliefs and goals
- Feel more confident about your choices when facing big life changes

Vape Vanisher

Proactive



Learn about the impact of vaping on your health

Benefits

- Understand the risks and consequences of vaping to make healthier decisions
- Gain confidence in saying no to peer pressure around vaping
- Receive support and encouragement to quit vaping and improve your health

Worry Wrangler

Proactive



Tackle anxious thoughts and worries

Benefits

- Sort through stressful thoughts and find which ones you can actually fix
- Feel more in control by focusing on problems you can solve
- Let go of worries that are outside of your power