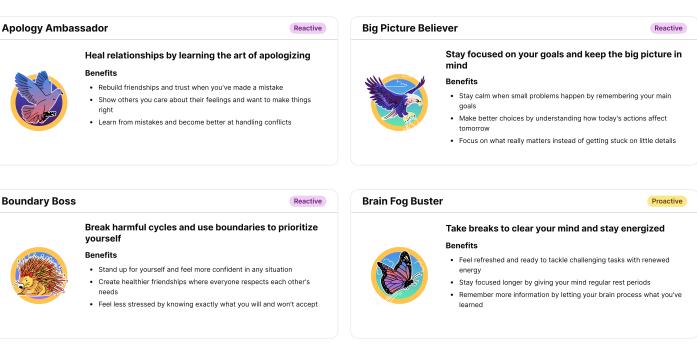
Superpowers: Personalized Support for Any Challenge



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

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

Stay calm while in moments it seems impossible

Calm Commander

Learn how to regulate emotions and not make situations worse

Benefits

- - · Stay calm and make better choices when you feel angry or upset
 - · Handle tough feelings without doing something you'll regret later

Comparison Crusher

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 gualities and achievements

Compassion Coach

Proactive

Compromise Champion

Reactive

Proactive

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

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 proble Break down complicated choices into simple, manageable pieces

· Notice your emotions before they take control of your actions

Reactive





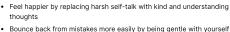
confidence





Cycle Supporter

Benefits



· Build confidence by becoming your own supportive friend and ally

Empowered Expert

Friendship Builder

Benefits

friends

Benefits

naturally

friends

meeting new people

everyone involved

boundaries

Focus Finder

Reactive

Reactive

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 Reflector

Proactive

Proactive

Reactive

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 wellbeing

Gratitude Grower

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

Growth Grower

Embrace challenges, learn from feedback, and rock setbacks

- Tackle hard things without giving up because you know you can improve
- · Feel confident trying new things because you trust in your ability to arow

Harmony Healer

Reconnect with someone through mutual trust and

- · Understand others' feelings better and fix problems before they get bigger
- friends
- · Build stronger friendships by showing you care about others' emotions

Knowledge Seeker

Proactive

Reactive

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

Reactive

Improve relationships by listening and responding carefully

Benefits

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



Grief Guide

Goal Getter

Proactive

Learn the ropes when it comes to making forever

Understand social situations better and feel more confident when

· Create practical plans to overcome shyness and connect with others

· Turn challenging social moments into opportunities for making new

Feel more empowered to speak up and get support

Navigate tough conversations with confidence and respect for

· Express your needs clearly to friends and family without feeling guilty

· Build stronger relationships by being honest about your feelings and

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

Understand how to navigate the grieving process

Reactive

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

Benefits



Benefits

• Turn mistakes into learning opportunities instead of feeling discouraged

Navigate handling impulses and big emotions

· Make better choices by giving yourself time to think first

· Notice your emotions before they take control of your actions

Take charge of tough moments instead of letting them control you

Impulse Inspector













· Express yourself clearly and avoid future misunderstandings with

Master of Calm

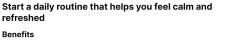
Mindshift Master

Proactive

Reactive

Proactive

Reactive



- 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

Manage your inner voice to boost self-esteem and

· Notice when your thoughts are making you feel bad unnecessarily

Challenge negative thoughts and find more balanced ways to view

Build confidence by learning to control how you interpret daily events

Mood Booster

Proactive

Plan daily activities to have fun and lift your mood

Remember important facts and details more easily by connecting them

Reduce test anxiety by having a reliable way to recall information when

Master any subject better by organizing information in a way your brain

Benefits

Benefits

needed

Boost your memory power!

to places you know well

naturally understands



- · 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

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

Perspective Pro

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

- · 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

Respect Warrior

Reactive

Proactive

Learn how to cope with harrassment

Benefits

energized

- 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 Mayen

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

Benefits Feel more energized and focused during school and activities

Level up your sleep to boost your mood and feel

- 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



Motivation Maverick

Panic Conqueror

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



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





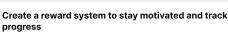














- · Find ways to enjoy boring tasks by connecting them to things you love · Break big tasks into smaller pieces so they feel less overwhelming
- Create rewards for yourself that make getting work done more exciting

Reactive

Proactive



Reactive

Proactive

avoid negativity

situations

Benefits

refreshed



Memorization Master



Studious Star	Proactive	Support Seeker	Proactive
	Create a study plan to organize your time and ace your next test		Reach out for help and not feel embarrassed when you do!
	 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 	ALL	 Benefits Connect with caring people who want to support you Build stronger friendships by being open with others
Therapist in Tra	aining	Values Voyager	Proactive
	Support those around you while also taking care of yourself		Find purpose through clearer values and personal goals
	Benefits Listen and understand what others are going through when they need 	a start	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

help

Benefits

decisions

health

Build stronger friendships by being there when friends face tough times

Show kindness and care to make others feel supported and less alone

Learn about the impact of vaping on your health

Gain confidence in saying no to peer pressure around vaping

Understand the risks and consequences of vaping to make healthier

Receive support and encouragement to quit vaping and improve your

Proactive 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