



MEANWHILE IN MAX'S MIND.....

MAX IS PRETTY ANGRY.
AS HIS CONSCIENCE, HOW CAN WE
HELP HIM TURN HIS FRUSTRATIONS INTO
SOMETHING POSITIVE FOR HIM?

MAYBE, HE DOESN'T HAVE
TO BLAME OR ACCUSE ANYONE...

OR CONTROL HOW HE ACTS OR REACTS
TO SOMETHING THAT ALREADY HAPPENED...

OR LET ANGER KEEP HIM FROM SEEING
BOTH SIDES OF THE STORY.....

OR FINALLY, DON'T
TAKE IT PERSONALLY.

HOW DO YOU THINK MAX IS
GOING TO HANDLE BEING ANGRY?
LET'S HEAD BACK OUT
TO FIND OUT!

About Us

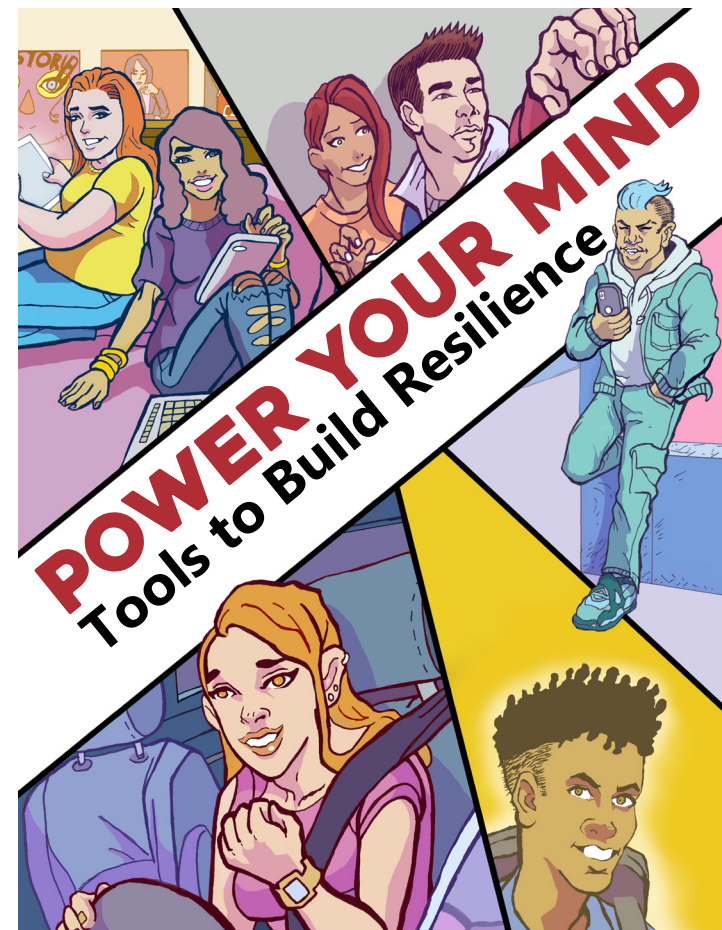
For more than 80 years, Recovery International has helped adults achieve better mental health using a peer-led, cognitive behavioral, 4-step method and tools developed by neuropsychiatrist Dr. Abraham Low. With offices in Chicago and San Diego, hundreds of weekly support meetings are held in the US and Puerto Rico, Canada, Ireland, and beyond.

For more information:
www.poweryourmind.org
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Phone: 312-337-5661

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INTERNATIONAL
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www.recoveryinternational.org

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A Self-Help Program for
Teens and Young Adults



Power Your Mind: Tools to Build Resilience is a program to help teens develop better mental health using graphic novel panels to illustrate situations and engage youth in learning tools to respond to daily stressors and situations. The program offers life skills to:

- control anger,
- alleviate anxiety,
- develop and maintain peaceful relationships at home, school, or work, and
- establish realistic expectations and beliefs.

The program offers seven lessons teaching a structured 4-step method that enables one to examine a situation objectively and apply tools to change the outcome in a more positive manner.

Top 5 Tools

1. Be group-minded. Act in the best interest of the group instead of your own self-interest.

2. Humor is our friend, temper is our enemy. Use humor in a stressful situation to change your outlook and response.



3. Don't take yourself too seriously. If you are self-focused it's hard to see things objectively.

4. Try, fail, try, fail, try—succeed! You also know this as “try, try again...”

5. Knowledge teaches you what to do, but practice tells you how to do it. Learning to hold down your temper or reduce anxiety takes practice for this to become automatic.

See more tools at
www.poweryourmind.org

The Full *Power Your Mind* Program Includes:

- Workbook
- Tool Cards
- Intro Presentation
- Seven-Session Workshops
- Leader Guide
- Leader Training

The workbook can be used individually as a self-help program, or as part of a group workshop.

For youth or faith-based groups, after-school groups, home-schoolers, or others wishing to conduct guided workshops, certified facilitators can be arranged to lead your program.

Contact info@poweryourmind.org

“Since training in the Recovery International method, I’ve regained authority over my mental health and peace of mind. I’m no longer a victim of the grief or pain I endured. I am learning to be self-led. I can live a beautiful life while still feeling symptoms.”

– Danielle