

Mental Health through a Girl Scout Lens

Over the past 10 years, we have seen a significant rise in mental health conditions in our girls. [Statistics](#) show that we are seeing sobering rates of depression, anxiety and loneliness in our youth and with over half of these conditions starting by the age of 14. With challenges of the pandemic, a rise in social stressors, and the overall coping with all of these has brought mental health as a top concern for you, your Girl Scouts, and their families.

Here at Girl Scouts of Colorado we hear those concerns and are actively working to develop programming that will help cope and work through mental health concerns. You can expect to see communications from us on tips, resources, workshops and other engagements for volunteers, Girl Scouts, and your Girl Scout family. We have already started work on our mental health initiative and will update this document as we have the materials.

If you or someone you know is in immediate danger, please CALL 911 or go to the nearest emergency room.

For Girl Scouts

GSCO Programs

Coming Fall 2021 Sisterhood of Support: Mental Health Ally program for Cadettes, Seniors, and Ambassadors.

Activities in Badge and Journeys

Daisy:

- Be a Sister to Every Girl Scout Petal
 - Hands Across the Daisy World Activity: Girl Scouts trace their hands and cut them around to make a “hand chain”. Ask girls how they will help support their sister Girl Scout when they are feeling sad or happy or something in between!
- Friendly and Helpful Petal
 - <https://youtu.be/CeVwjTJX8LU> Listen to Sunny’s story and share how our friends can change how we feel. How did Sunny make her friends feel?
- Good Neighbor
 - Good Citizen at School activity <https://my.girlscouts.org/content/dam/girlscouts-vtk/meeting-aids/Good-Citizen-at-School.pdf> Ask your Girl Scouts to think how they support their friends feelings as part of being a good citizen. Take it further and see if they can take action in their school to help their classmates feel happy.

Brownie

- My Best Self
 - Recording your Feeling Faces <https://my.girlscouts.org/content/dam/girlscouts-vtk/meeting-aids/Feelings-Faces.pdf> Each day for one week, ask your Girl Scout to record their feeling faces throughout the day. Part of understanding your

feelings is identifying what makes them. At the next meeting, have girls reflect on what affected their happiness.

- Journey: A World of Girls
 - Saying how it feels activity: Girl Scouts learn how to express their feelings by using words that are true to themselves, yet respectful to others. Instead of having them focus on disagreements, have girls practice their feeling words on how an action made them feel. Work together to talk through how they could make themselves feel happy again.

Junior

- Staying Fit
 - Create a Stress- Free Zone https://youtu.be/l7FN_GF7d00 Girl Scouts find a place inside or outside that they can go when they feel stressed. Have them plan what they need to have in that space or what they need to do in that space to calm themselves.
- Journey: Agent of Change
 - Go Team! <https://my.girlscouts.org/content/dam/girlscouts-vtk/meeting-aids/Go-Team.pdf> Girl Scouts explore how they can use their power and leadership skills to tackle difficult situations, issues, or challenges. Ask Girl Scouts to answer the questions on the worksheet through helping their friends or family members when they are feeling bad or having a rough day.

Cadette

- Science of Happiness
 - Test ways to be more joyful. <https://youtu.be/1RJo-TmCBXo> Girl Scouts spend up to 14 days to reflect on what they are grateful for or what throughout the day makes them happy.
 - Focus on what is realistic activity. Girl Scouts will use journaling to reflect on what had them worried or stressed throughout the week. Check out the activity in Volunteer Toolkit for reflection questions.
- Journey: aMAZE
 - “I Statements” activity. <https://my.girlscouts.org/content/dam/girlscouts-vtk/meeting-aids/I-Statements-Examples.pdf> Girl Scouts work through their feelings and emotions by expressing through “I statements”
 - Interact Challenges. <https://my.girlscouts.org/content/dam/girlscouts-vtk/meeting-aids/Interact-Challenges.pdf> Explore how Girl Scouts can challenge themselves to engage with people they normally don't. Reflect how this supports their mental health and the mental health of the people they have interacted with.

Senior

- Women's Health.
 - <https://youtu.be/1sk0Yjfx93w> Paying attention to your emotional health is as important as overseeing your physical health, and this will be true throughout your lifetime. In this activity, take a closer look at the connection between relationships and health.

For Adults

Mental Health in Times of Crisis: Access this 2-part virtual module through your gsLearn account. In these modules we will talk through managing your mental health first and supporting your troop with mental health.

Conversation Starter: Youth Mental Health during COVID: Listen to our recorded conversation with Dr. Laura Anthony from Children's Hospital Colorado as we discuss recognizing warning signs that indicate your Girl Scout may be struggling. <https://youtu.be/e1ZBocGOkqw>

Coming Fall 2021- Conversation Starter: Mental Health and My Girl Scout

Coming Fall 2021- Understanding Mental Health

Articles from GSUSA

- <https://www.girlscouts.org/en/raising-girls/happy-and-healthy/happy/girls-mental-health.html>
- <https://www.girlscouts.org/en/raising-girls/happy-and-healthy/happy/no-play-dates-coronavirus-kids.html#happy>