

EMPOWERNAUTS

Meet Finton



Finton is an Empowernaut - a group of astronaut friends who learn to manage their mental health conditions as they explore new and uncharted corners of the galaxy! He's building skills to manage grief and loss while being isolated from his pod. Follow Finton on his journey of empowerment to help him earn new space gear and equipment!



I SEE _____ AROUND ME NOW.



I MAKE TIME AND SPACE FOR _____.



I NOURISH MYSELF WITH _____.



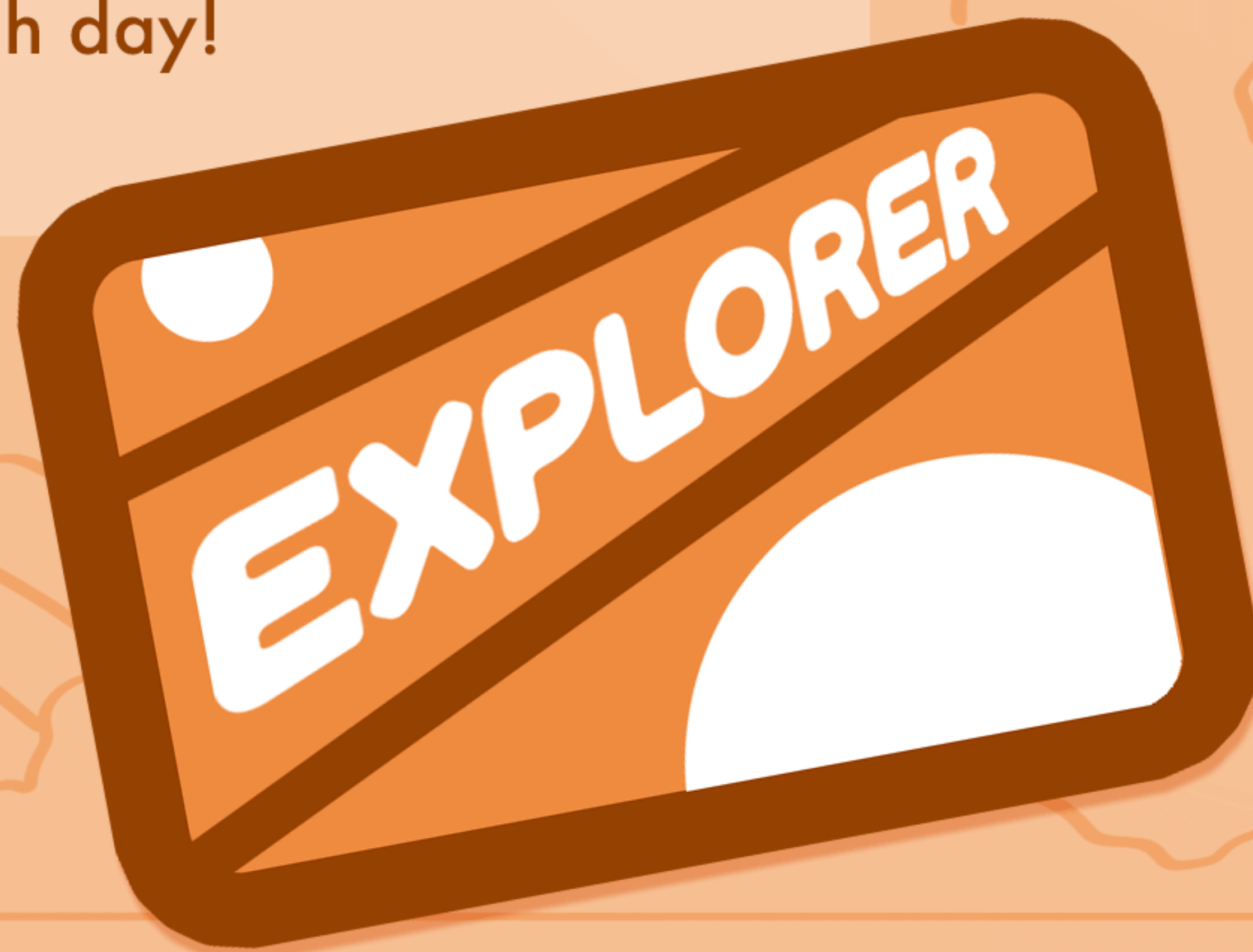
I HAVE PERMISSION TO FEEL _____.



I'M CONNECTING BY _____.

Yeah! You helped Finton earn the **Explorer Badge**!

Now he'll be reminded how brave it is to be exploring uncharted space – and such an adventure may come with joy, fear, sadness, curiosity, or a universe of other ways to feel each day!



LEVEL

1

EXPLORER BADGE

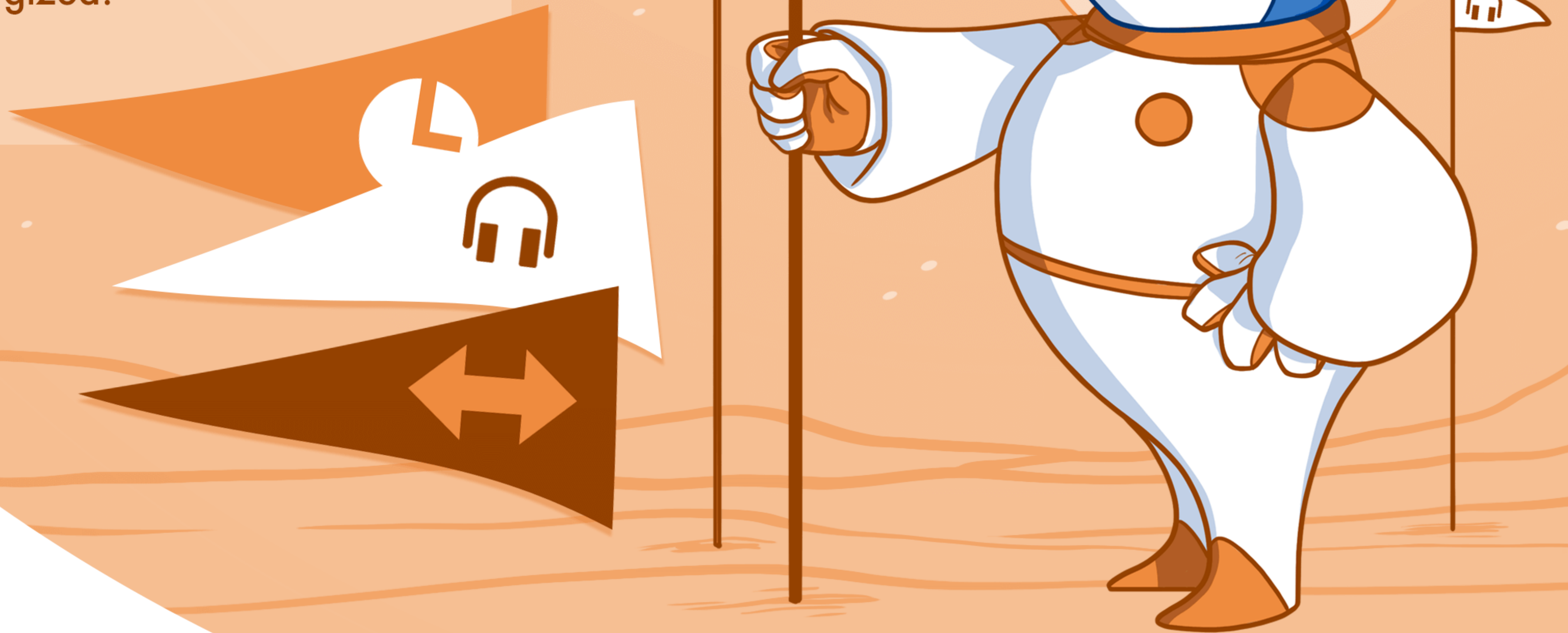
In this awareness exercise, you can use a blank piece of paper, a digital or physical journal, or simply think about it in your mind.

1. Find a spot to pause for about one minute wherever you are.
2. Look around and list what you see without being too descriptive.
3. Acknowledge any feelings or emotions that arise.

When an event first causes grief or a sense of loss, it's an emotional shock. To get your bearings and stave off panic, focus on evidence. Noticing thoughts, surroundings, and resources is calming! Slow, deep breaths also clear the mind.

Woot! You helped Finton earn **Boundary Pennants!**

Now he'll be equipped to stake out some space and time for himself. After all, he can't explore 100% of the time and hope to stay energized!



LEVEL

2

BOUNDARY PENNANTS

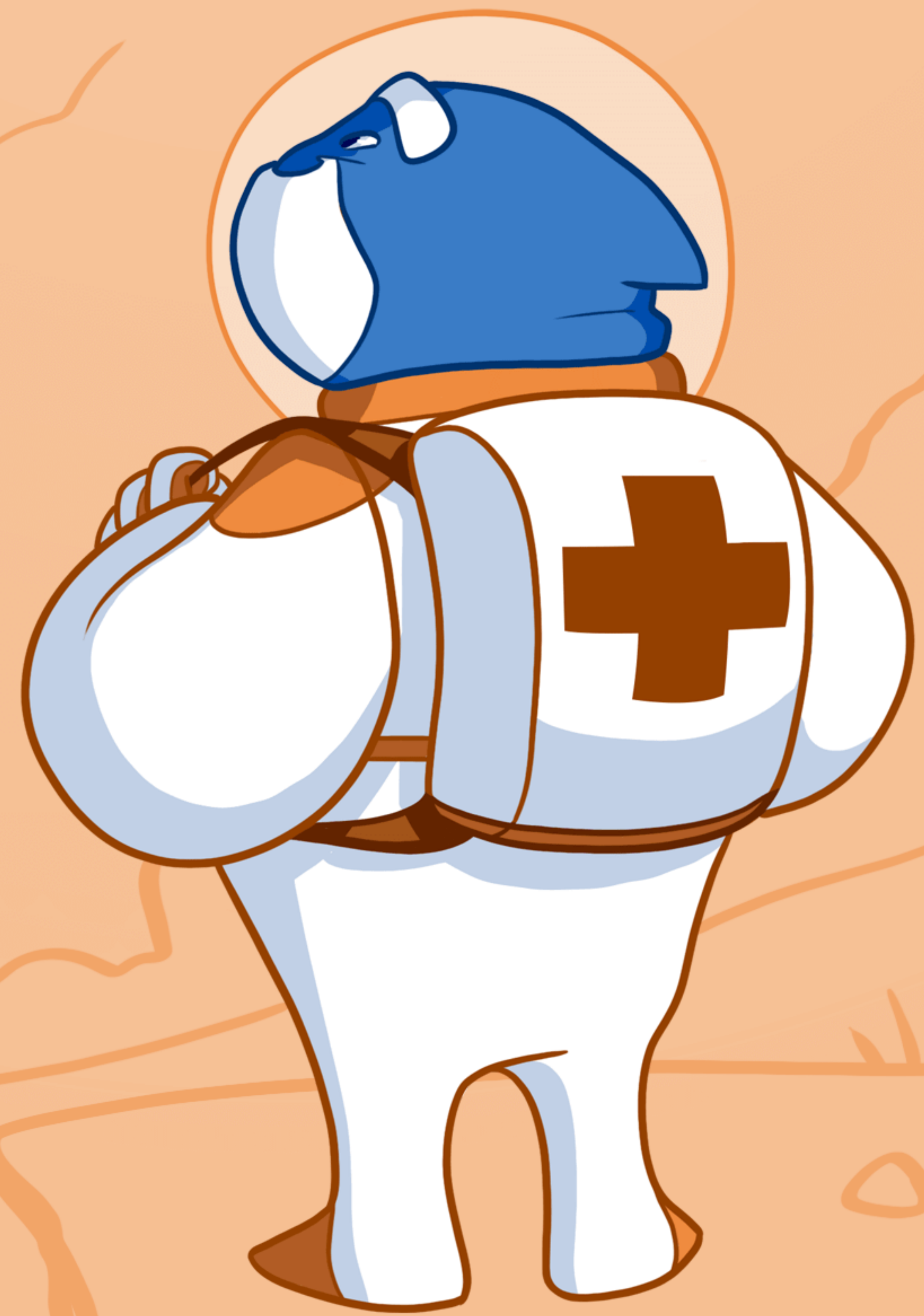
In this exercise, you'll uncover areas where it might help to make clear boundaries with friends, loved ones, and even yourself or your devices!

1. Look at your calendar and see if your days are too busy.
2. Set up a Do Not Disturb policy at sleeping, reading, and lunch times.
3. Practice politely saying, "No, thank you" to that one extra invitation.

Whenever a piece of your daily life, routine, or support system is changed, the boundaries that came with it can be lost or seem fuzzy. Remember that you have the power to create and care for your time, space, and energy. Claim it!

Huzzah! You helped Finton earn a **Self-Care Med Pak!**

In space away from his pod, it can sometimes feel like normal routines are worlds away... but a snack, a sip of water, and a little rest can do wonders!



LEVEL
3

SELF-CARE MED PAK

In this resiliency exercise, you'll stock up on nourishing supplies to restore energy spent on processing thoughts and feelings, alongside daily tasks.

1. Prepare some healthy snacks and keep them at the ready.
2. Fill a glass or bottle with drinking water and keep it handy, too.
3. Set up your sleeping area so it's cool, dark, and distraction-free.

Grief or loss can take up a lot of mental and physical energy. It's proven that hydration and snacks like fruits, nuts, veggies, and whole grains boost brain function. And 8+ hours of restful sleep generates brain waves that replenish your health!

Alright! You helped Finton earn the **Quest Log**!

With this notebook, he'll log his journey in space. Each day he'll honestly record ups and downs, ins and outs, and everything in between. There's no right or wrong in a space chronicle!



LEVEL

4

QUEST LOG

In this exercise, you'll seek out and personalize a private journal. Inside its pages, your thoughts and feelings will always be safe and sound.

1. Find a journal you love – paper, digital, or artistic are all great.
2. Try a few techniques – doodling, stream of consciousness, lists, etc.
3. For your first entry, give yourself permission to journal freely.

At times it can seem like certain feelings or thoughts are “off limits” during a time of grief or loss. But no two people grieve the same way, and all feelings are valid! A journal is a powerful DIY tool used in DBT, CBT, traditional, and art therapies!

Wow! You helped Finton earn the **Galactic Transponder!**

Now he'll be able to chat with his new astronaut friends. Outer space may seem, lonely, but that's nothing that can't be fixed with a little sparkling conversation! It feels good to be heard!



LEVEL
5

GALACTIC TRANSPONDER

In this exercise, think of one to two trusted friends, teachers, or relatives who you care about and reach out. Here are some ideas:

1. Ask if they'd like to set up a "just for fun" call or video chat.
2. Invite them to play a game online.
3. Make a plan to exchange hand-written letters, cards, or notes.

Science proves that connecting with others can boost happiness and lower stress. During times of loss or grief, it's 100% normal to need alone time *as well as* community support. A nice balance may help restore a sense of normalcy.