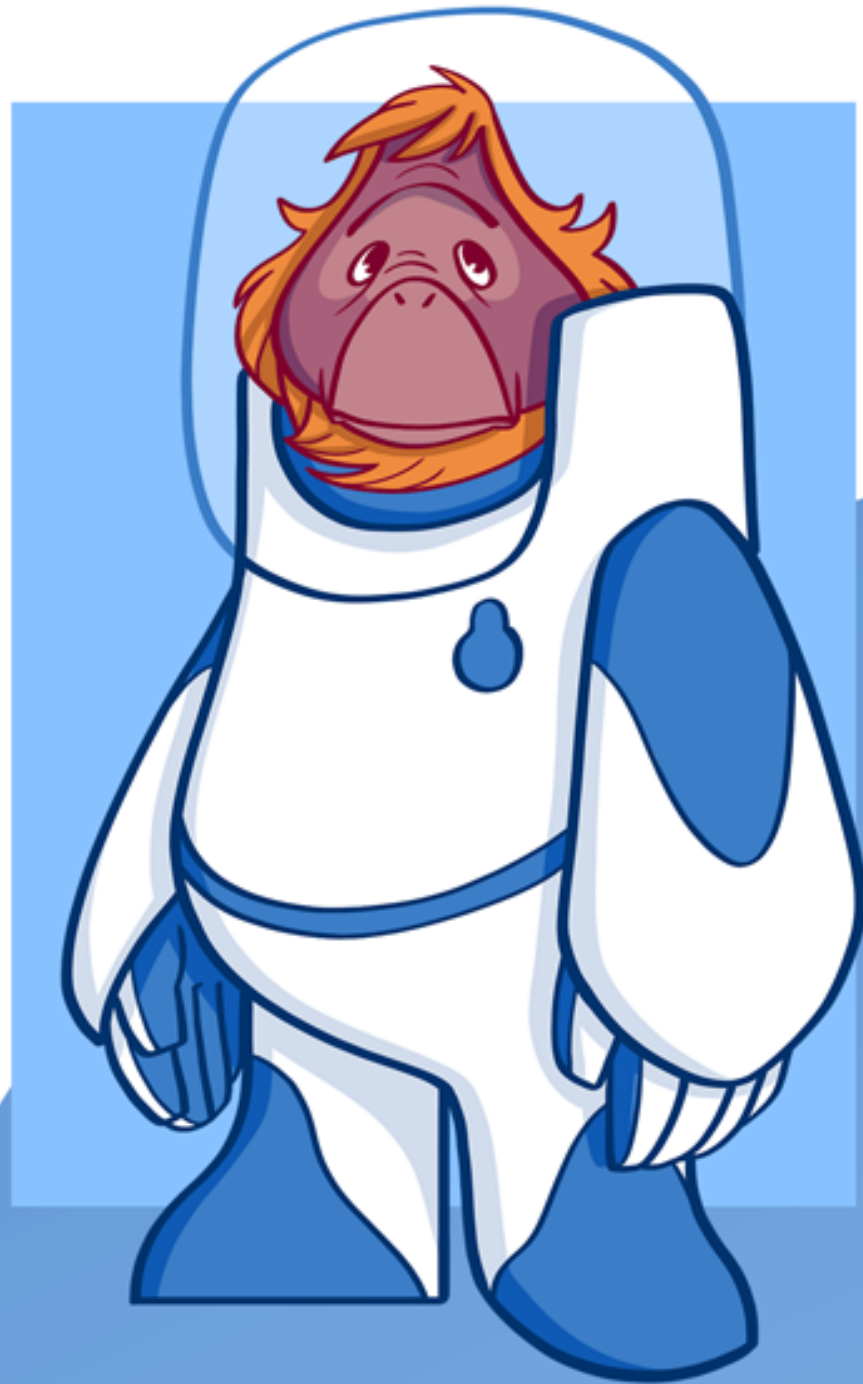


EMPOWERNAUTS

Meet Gray



Gray 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! Gray's building skills to navigate and manage depression while in space. Follow his journey of empowerment to help him earn new gear and equipment!



I SEE _____ AROUND ME NOW.



I CAN SHINE LIGHT ON _____ NOW.



I CAN CLIMB UP WITH _____ SKILLS.



I WIND DOWN EASILY WITH _____.



I'M CONNECTING BY _____.

Yeah! You helped Gray earn the **Navigator Badge**!

Space is a big place, and Gray is learning to map out new terrain as it comes along. With this exciting new skill, he can rove planets without fear! There may not be a map, but there is a plan!



LEVEL

1

NAVIGATOR BADGE

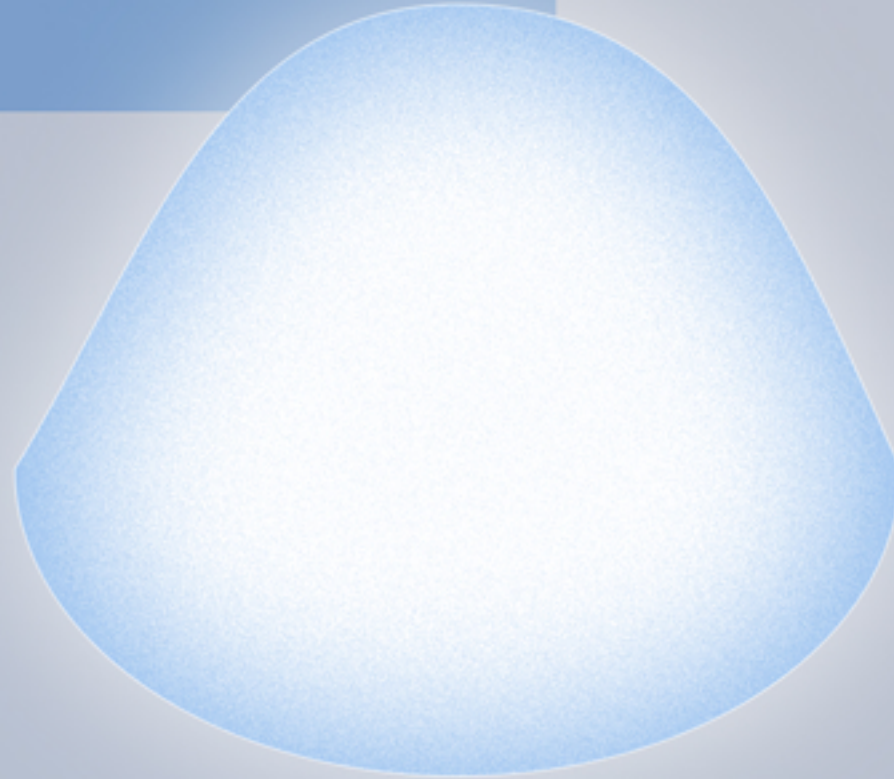
In this mapping exercise, you can use a blank piece of paper, a digital or physical journal, or think quietly.

1. Find a spot to pause for about one minute wherever you are.
2. Note every action you could take next in that space. (e.g. changing the lighting or music, cleaning, leaving for a bit, working, or resting.)
3. Pick one thing to do right now.

Explorers encounter loads of unfamiliar things on their journies. A map can make things easier to navigate. But what do you do if there is no map? Why, you simply create your own! Scoping out your space can help you form a mental map of possibilities and take control of your day.

Woot! You helped Gray earn a **Hover Light**!

Now he'll be able to see every detail and feature of the interesting new spaces he explores! No matter where the nearest sun is in the galaxy, a full-spectrum guide light can brighten things up!



LEVEL
2

HOVER LIGHT

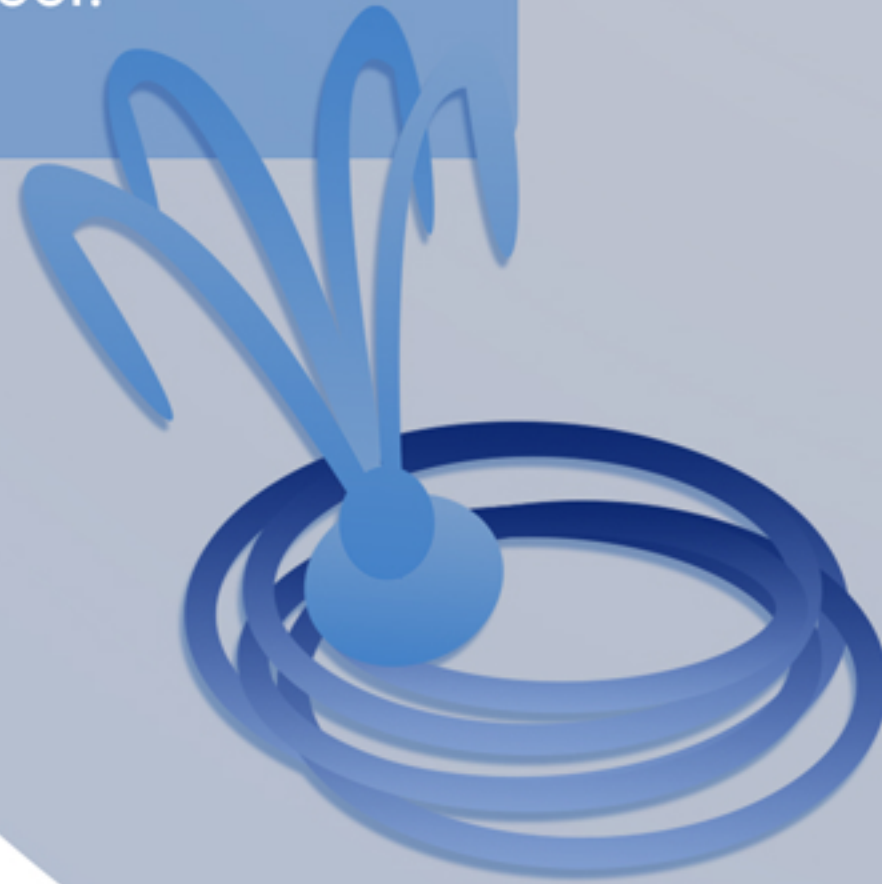
This three-step exercise is literally illuminating! Keep a journal handy!

1. Examine the spaces you are in the most. See if you can brighten, soften, or shift the lighting how you like it!
2. Open your calendar. Plan at least 15 min. per day for fresh air and sun.
3. Is anything on your mind because it's an unknown? What could you shed light on with a bit of research?

Sunshine and light, are naturally good for most living things! Our bodies and thoughts both do better when details are able to be made out. In darkness, our minds and eyes want to rest, and strain to focus. Why fight it, when you can light it!

Huzzah! You helped Gray earn a **Grappling Hook**!

Navigating space can get Gray into some tricky spots! Whenever he's feeling stuck, this grappling hook is a quick and secure way to climb free. No moon crater is too deep with this trusty tool!



LEVEL
3

GRAPPLING HOOK

In this stress management exercise, you'll practice self-sufficiency.

1. Think of 1-3 times you solved a challenge (big or small) by yourself.
2. Write down what skills and tools you used to do it.
3. Think of something you feel stuck about, and brainstorm how you could use your skills to "climb free"!

Depression can create an illusion of powerlessness. It helps to build trust in yourself by knowing your skills cold. When you feel low, you can reach into your go-to mental tool kit, and boost yourself up. Remember, it's always okay to ask for help, too.

Alright! You helped Gray earn a **Space Hammock**!

With this mobile relaxation station, Gray can sip a juice pouch and listen to some tunes on galactic radio! Pausing from the challenges of space exploration is a way to recharge and take charge!



LEVEL
4

SPACE HAMMOCK

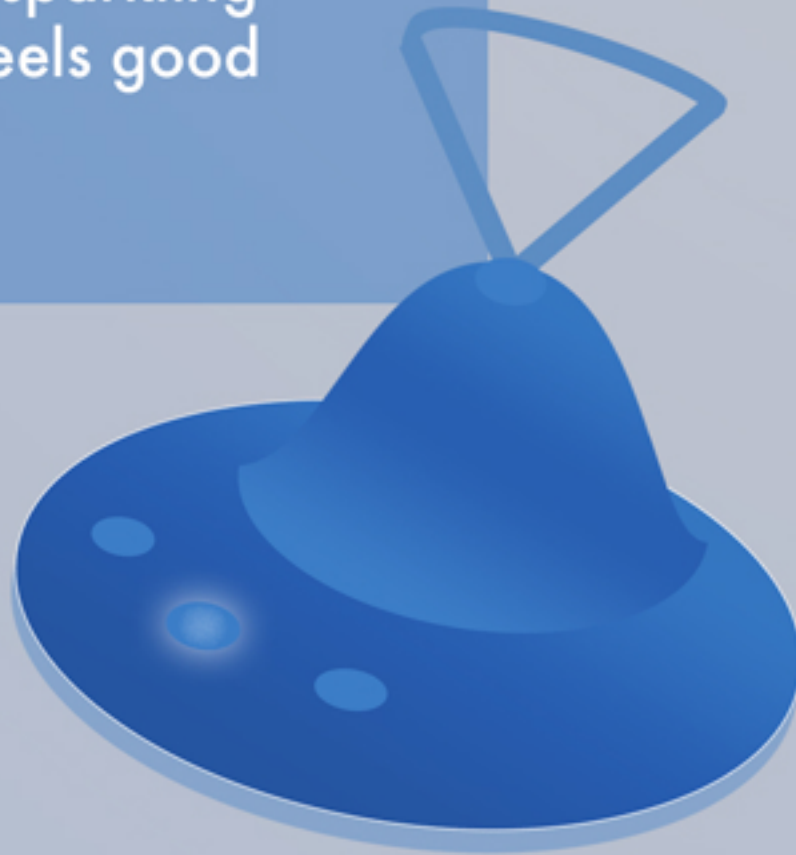
In this resiliency exercise, you'll stock up on nourishing supplies to restore energy spent on processing thoughts and feelings, alongside daily tasks.

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.

Stress shows up in different forms. It can behave like agitation, fatigue, disorientation, anger, or exhaustion. The best remedy can often be the simplest: Taking a break! A restorative snooze, snack, or song can strengthen and reset your body.

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

Now he'll be able to chat with 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.

It's a scientific fact that connecting with others can boost happiness and lower stress. Often our friends and loved ones are just what the doctor ordered! They remind us we're supported, forgive easily, and empathise with stories of their own!