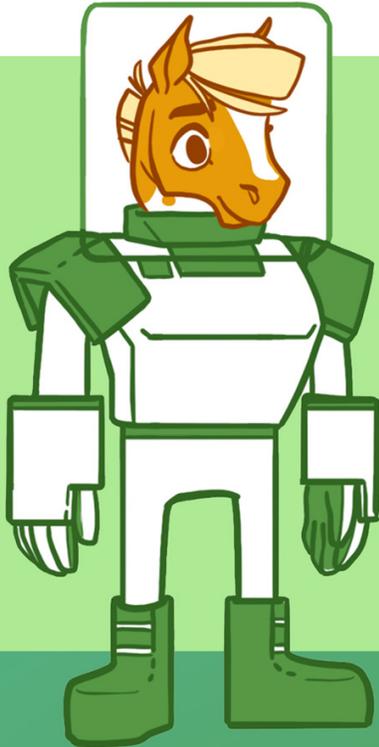


EMPOWERNAUTS

Meet Dani



Dani 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! Dani's building skills to manage PTSD after a difficult racing injury. Follow Dani's journey of empowerment to help them earn new gear and equipment!



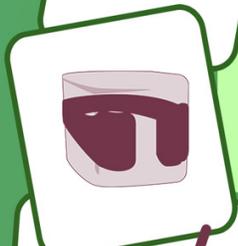
I SEE _____ AROUND ME NOW.



MY HAPPY MEMORY TOKEN IS _____.



I COMFORT MYSELF WITH _____.



I CAN VIEW _____ EXACTLY AS IT IS.



I'M CONNECTING BY _____.

Yeah! You helped Dani earn the **Detective Badge**!

As a detective, they'll search for clues that show what's happening in the moment. On the surface a scene may appear familiar or obvious, but the evidence will tell all! Facts are empowering!



LEVEL

1

DETECTIVE 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. Note exactly what is happening around you. These are your clues!
3. If feelings or memories arise, compare them to what you found.

When a detective researches a case, they can only submit verified evidence. When stress from trauma happens, it can cause you to replay a past memory. To stop that old memory from influencing your conclusions, be like a detective! Verify facts and clues about your current experiences.

Woot! You helped Dani earn a **Memory Token**!

Whenever they're unsure if they can handle challenging adventure, this token reminds them of a past win. Past stumbles don't define them, but make them even stronger. They can succeed again!



LEVEL

2

MEMORY TOKEN

For this mind hack, you'll make a token to remember an experience that made you feel the *opposite* way your upsetting memory does.

1. Think back on a time when you were content, in control, and well.
2. Find, draw, or snapshot something pocket-sized that reminds you of it.
3. Keep it handy, and when that upsetting time bothers you, focus on your token to shift to better feelings.

A physical object can bring to life a rich, detailed memory. When a trigger for a traumatic past experience appears, it helps to have a "counter trigger" in your pocket!

Day by day, you can retrain your mind to relive powerful, positive memories on command!

Huzzah! You helped Dani earn a **Comfort Blanket**!

When outer space feels cold and unforgiving, this cozy standby warms things right up. Like a firm hug, the heavy textured fiber of this blanket makes weightless space seem more down to earth.



LEVEL

3

COMFORT BLANKET

In this stress management exercise, you'll gather things that are sure to comfort you every time.

1. Daydream for a moment about your favorite sensory stuff (you know, foods, places, music, smells.)
2. Create a stress-busting kit with 1-2 of these things for a no-brainer go-to.
3. Write down the types of scenarios your kit will remedy.

One frustrating effect of recalling a traumatic experience is a "panic feeling". In that moment, your senses take over and solutions feel scattered or blocked. Having a super simple planned response kit can save you from a harrowing day.

Alright! You helped Dani earn **Reality Goggles!**

These super cool cyber-tech goggles let Dani see a fast inventory of good, bad, and neutral things wherever they look! With a realistic list of what's what, they can make choices without blinking an



LEVEL

4

REALITY GOGGLES

In this resiliency exercise, you'll list what's positive, negative, and neutral about a scenario, day, or event.

1. Make three columns on a single sheet of paper, or in a document.
2. Fill one with positive, one with negative and one with neutral things about the event you're thinking of.
3. Weigh them all together before responding to the situation.

It's easy to only see the bad in a situation happening around you. But, rarely are there only bad or only good things. For example – You might have to switch schools, but the new school has a great art program, and you met a nice friend in science. It can be a relief to see the big picture.

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

Now they'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!