






demorwa

Warm , Clear

HOME

MAP

PLAY

CHAT

SHOP






MOOD JOURNAL CLAMSTORM CHECKLIST PIP TUTORIAL SUMMARY SOCIAL ANXIETY CHECKLIST

Today

To wear your Mood Gem, find it under Jewelry in [Pick Your Nose](#) and add it to your look!

Mood: Hopeful 

Thoughts: I am sharing my Wellness Book with my friends

SUBMIT

Check out other citizens' Mood Gems to gauge their moods.



To learn more about how they feel, double-click them in chat rooms and select *Mood*. From the Mood Pop-up, send a **free** animated projectile to show you care!

If enough citizens share and care about moods each week, every participant will get a daily surprise clam bonus for the next 7 days!



Recent Moods and Thoughts:

Feb 16, 2016 7 AM: **Confident** : "Invited to present by Rotary Club of Northboro."

Feb 24, 2016 8 AM: **Hopeful** : "I am sharing my Wellness Book with my friends"

Whyville Mood Color Chart:

 Angry	 Inspired
 Confident	 Lonely



Confused



Disappointed



Discouraged



Frustrated



Grateful



Happy



Hopeful



Loved



Overwhelmed



Proud



Relaxed



Sad



Stressed



Worried

My Journal:

February 2016						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Sometimes it helps to express your emotions and write about your day. We suggest a few questions for you to consider below. Answer as few or as many as you wish! **What you write here will be private** and will not be shown in your city records or any other public page in Whyville.

1. Take a moment to notice how your body feels. Take 3 deep breaths and let your body and mind relax.
2. What was the most helpful thing you did for yourself today?
3. If you had good feelings, what were they? What did you do to stay in a positive mood?
4. If you had difficult feelings, what were they? What did you do to feel better?
5. Name 3 things or people that you are grateful for.

SUBMIT

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Whyville



LOG OUT



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Population:
7754436

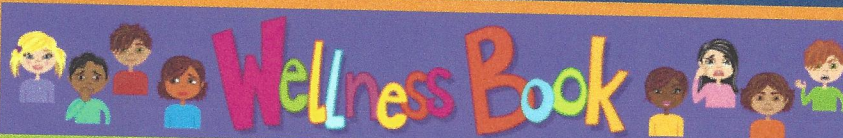
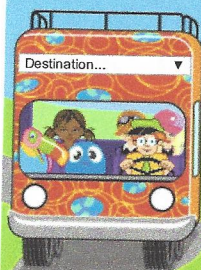
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It's not always easy to deal with the turmoil of emotions that everyday life can bring to your door. And it's probably even harder to find the right words to help a friend who is having a hard time. [The Wellness Center](#) is here to help you.

Outside, ring the bell to summon a distressed avatar, which can sometimes be seen wandering in other parts of Whyville. Start by asking the avatar a few questions to understand what's troubling him or her; then choose and offer some useful advice on how to cope with his/her problem.

The list below shows the different situations you can encounter with a distressed avatar. The useful pieces of advice that you have offered are listed below as well. Once you've found all the possible coping strategies for a given situation, your salary will go up by 2 clams.

For help on coping skills, visit the Wellness Center where you will find a list of resources, some tip sheets, and tutorials on coping skills and other problem solving techniques.

Find all solutions to each condition listed below to increase your salary

Homework

- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
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- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.

[Stress Tipsheet](#)

Fickle Friend

- ☒ Let out your feelings
- ☒ Do things to help you feel better
- ☒ Discuss your worries with a trusted person
- ☒ Speak honestly about your feelings
- ☐ You haven't found this advice yet.

[Friends Tipsheet](#)

Parents

- ☒ Express the issue neutrally
- ☒ Check for patterns
- ☒ Let out your feelings
- ☒ Share all your feelings
- ☒ Do things to help you feel better
- ☒ Talk about your needs
- ☐ You haven't found this advice yet.

[Stress Tipsheet](#)

Grief

- ☒ Find ways to remember the person

- ☒ Do things to help you feel better
- ☒ Having different feelings is normal
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.

[Grief Tipsheet](#)

Bullied

- ☒ Let out your feelings
- ☒ Ignore the person
- ☒ Block their contact with you
- ☒ Do things to help you feel better
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.

[Bullying Tipsheet](#)

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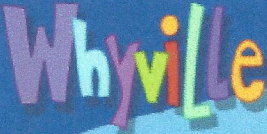

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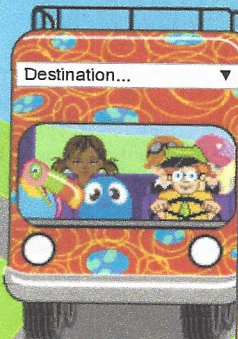
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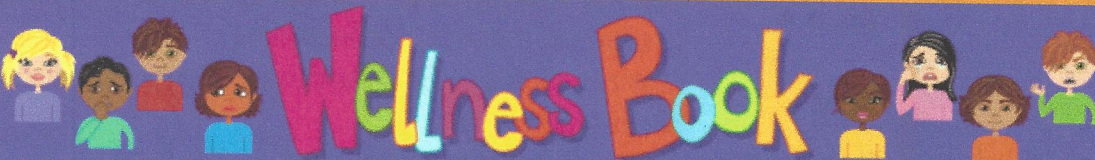
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The PIP Loft, upstairs at the Wellness Center, offers a tutorial on an efficient problem solving technique -- the PIP (Problems Ideas Plans). You can use it for many different kinds of situations, from every day projects like how to decorate your locker to trickier challenges like how to deal with your class bully.

Once you have completed this tutorial at least one time, the summary of the problem you wanted to address and the plan you came up with can be found on this page. On top of that, you will earn a one-time salary raise of 2 clams to your salary after completing the PIP tutorial.

Completed: Wed Feb 24 2016

Your Initial Problem: Not get overwhelmed by problems with family, friends, school, etc.

Rephrased as "How to...": How to build skills to problem-solve and cope with life's worries in healthy ways

The idea(s) you picked:

- Exercise PIP Problems-Ideas-Plans, Journaling, Visual Imagery, Muscle Relaxation & Deep Breathing

Your solution statement: What I see myself doing is using 'Break Free From Depression' or Whyville.net to exercise PIP Problems-Ideas-Plans, Journaling, Visual Imagery, Muscle Relaxation & Deep Breathing

Your Action Plan:

Step 1	Pilot exercises with small WMS group/s
Who	Cathi Gordon, Kate Mahoney and Bob Anthony
Does What	Ask Brian A. to allow access to Whyville.net and print chapter 4 from 'Break Free From Depression'
By When	Tuesday, March 1
Step 2	Schedule group/s to participate in two sessions
Who	Cathi Gordon, Kate Mahoney and Bob Anthony
Does What	Match group and trainer schedules
By When	Tuesday, March 8
Step 3	Co-facilitate first session with group/s
	Facilitators are Bob Anthony and Interact teens or

Who	Connie Burton and Nadja Reilly
Does What	Teach students activities using technology and traditional methods
By When	Tuesday, March 15
Step 4	Survey student's performances with activities and preferred method for learning
Who	Connie Burton, Bob Anthony, Cathi Gordon and Kate Mahoney
Does What	Present findings from pilot to Council
By When	Tuesday, March 22

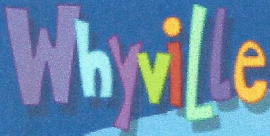

[DELETE](#)[PIP Tutorial](#)

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Population:
7754738

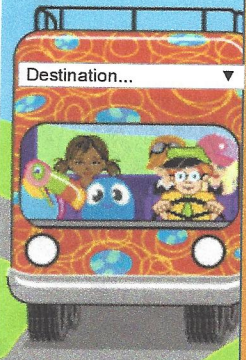
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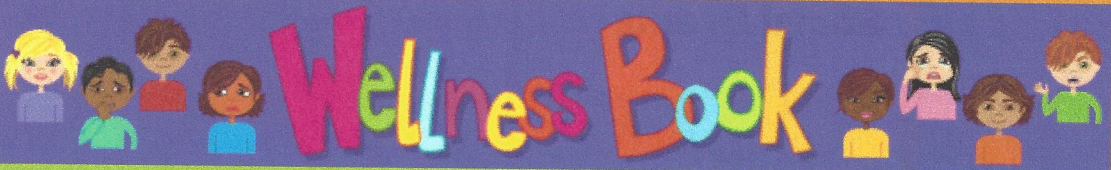
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Destination...



MOOD JOURNAL

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SOCIAL ANXIETY CHECKLIST

Social Anxiety Room

Social anxiety is an intense fear and avoidance of social situations. Kids who have social anxiety may worry that others will think badly of them, or that they will do something embarrassing and be made fun of.

There are many situations that may be difficult for kids with social anxiety, like giving a presentation, speaking up in class, performing in front of others, meeting new people, starting conversations, inviting friends to hang out, or going to parties.

If you are interested in learning more about social anxiety, take a look at our [tip sheet](#)! Remember, only a professional can diagnose social anxiety. If you have more questions about social anxiety, be sure to talk to your parents or a trusted adult.

Find all the helpful pieces of advice for a given situation to earn 2 clams of salary.

All good advice you've given:

Class Presentation

- ☒ Talk to your teacher
- ☒ Talk to me about it
- ☒ Listen to music
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.

Meeting New People

- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
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Social Events

- ☐ You haven't found this advice yet.
- ☐ You haven't found this advice yet.
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