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TEAR Model of Grief

the tasks of grief

T = To accept the reality of the loss

E = Experience the pain of the loss

A = Adjust to the new environment without the lost person

R = Reinvest in the new reality

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Name _____

RECOGNIZING COMMUNICATION STYLES: Assertive, Passive & Aggressive

Directions: With your partner, think about three responses for each situation. One should be **passive**, one should be **aggressive**, and one should be **assertive**. Use quotations when necessary.

(Hint - Remember the assertive formula:

I feel _____ when you _____ because _____.)

Situation 1

Your best friend says she never wants to talk to you again and you don't know why.

Passive

Aggressive

Assertive

Situation 2

A girl, Patty, demands to copy your homework because she forgot to do hers.

Passive

Aggressive

Introduction To Stress Management

Everyone experiences stress in their life. A moderate amount of stress is healthy and can fuel productivity. Too much stress and poor stress-management skills can cause significant consequences on a person's mental health, physical health, relationships and overall mood. It is important to understand how stress affects you in preparation for developing healthy stress management skills.

Directions: Answer the questions below to understand your stress management needs.

What causes stress for me?

What do I gain from stress?

What do I lose from stress?

How does stress benefit me?

How does stress hurt me?

What kinds of stress management skills do I currently use?

When I am stressed I feel...

(circle all that apply)

Anxious	Tense	Frustrated
Depressed	Upset	Panicked
Exhausted	Overwhelmed	Afraid
Alone	Insecure	Drizzy

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Checklist For Better Sleep

Good sleep is influenced by many factors.

Record how many of these things you have done in the last week and consider making changes to your routine.



Things that are known to make sleep worse

- Napping during the day
- Watching television in bed
- Using a device with a bright screen in the hour before bedtime (e.g. a smartphone, a laptop)
- Consuming drinks containing caffeine (includes tea, coffee, cola, energy drinks, hot chocolate)
 - How many each day?
 - What time of the day was your last caffeinated drink? (try to avoid caffeine after 6pm)
- Drinking alcohol (alcohol typically leads to interrupted sleep)
- Eating a heavy meal less than 3 hours before bedtime
- Staying in bed even if you can't fall asleep (it's better to get up and do something relaxing, then try again later)

Things that are known to improve sleep

- Regular exercise
 - How many times a week? (it is recommended to do at least 3 x 30 minutes per week)
 - What time of the day? (it is best not to exercise in the 3-4 hours before bedtime)
- Setting aside some 'worry time' each day to write down any issues that are bothering or concerning you, then deciding to leave those worries behind until tomorrow (make sure to do this at least one hour before bedtime)
- Relaxation exercises (e.g. relaxed breathing exercises, progressive muscle relaxation)
- Having a relaxing bedtime routine (e.g. taking a bath or a shower, reading a comforting book)
- Setting the conditions for sleep
 - Make sure the bedroom is completely dark (blackout curtains are cheap and effective)
 - Make sure the mattress and pillows are comfortable (make bed an attractive place to be!)
 - Make sure the bedroom is the right temperature (think like Goldilocks: not too hot, not too cold)

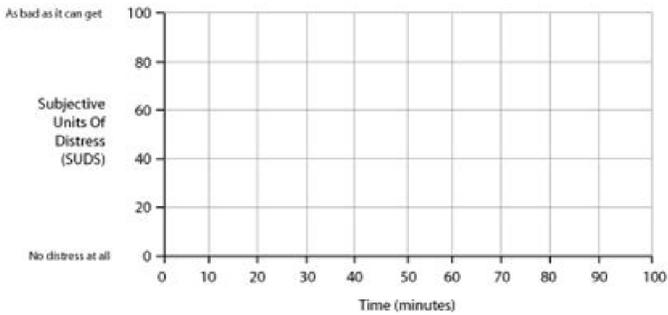
Exposure & Response Prevention (EX/RP)

Exposure and Response Prevention is about exposing yourself to a situation that triggers your obsessions or compulsions (exposure), and then deliberately resisting the urge to carry out the compulsion that would normally relieve your anxiety (response prevention).

Situation / Trigger What situations trigger my obsession?	Obsession What is the thought, image, urge or impulse that bothers me?	Compulsion What do I do to make myself feel better when I get the obsession?
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EX/RP Instructions:

1. Expose yourself to the trigger
2. Resist performing the compulsion
3. Record how distressed you feel over time using the graph below
4. If you do perform the compulsion, expose yourself to the trigger again



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<http://psychologytools.com>

You can find reading passages with question sets and vocabulary support to help children practice and improve their reading skills. Worksheets to Add Fractions with Common Denominators Use these worksheets before having students add fractions without finding common denominators. Assertive communication is an effective form of communication which involves deliverance of one's opinions, ideas or feelings to the other person in a way that the other person's rights are not violated. These assertive communication worksheets enables an individual to adopt assertive communication style by acknowledging its characteristics and adopting them. Assertive Communication Worksheet- How to Communicate Assertively? Assertive Communication Worksheet- Assertive Communication Such type of communication makes a person confident by being able to stand for his needs and respect. Beginning to look at 8th's, 6th's by dividing the circle into equal parts. In addition to the worksheets, you get access to a community of educators who can help you find the right materials for your children. Literacy Programs Even for-profit literacy programs offer free worksheets for parents and teachers. This makes it easy to find worksheets that meet the child's specific needs. Although they're usually designed for use with the company's program, you can use them for other lessons. English learner sites are other good sources. Many follow the formats used on state and local tests that measure reading ability. Helps to keep learning about fractions fun and authentic. Then Repin to your own inspiration board so others can too! Your feedback helps us improve the quality of these articles. (Sassy Social Share type="standard") 10 Worksheets to multiply fractions with and without common denominators. The teachers sometimes include anecdotal notes and tips for making the worksheets more effective. Publisher Websites Publishers of textbooks, education research and professional development books sometimes offer worksheets on their websites. MORE FROM QUESTIONSANSWERED.NET This page displays assertive communication worksheets. These worksheets usually are samples from the books they publish so that you can preview the content. Some sites like Teachers Pay Teachers let teachers upload worksheets they've created and offer them for sale. Multiplying, Division, Addition, Subtraction etc Finding free printable worksheets is an excellent way for teachers and homeschooling parents to save on their budgets. One advantage of using these worksheets is that they are designed for specific reading levels and have been tested in a classroom. These sites also include printables for learning about science, history and reading comprehension. Check Out Book- or Publishing-Related Websites Book- and publishing-related websites will often offer free printable worksheets. Under some circumstances, teachers will also operate individual webpages that offer free printable worksheets to help their students engage in fun activities when they're not in the classroom, or so they can continue learning throughout the summer. You can also refine your search so it includes age, grade level and subject. Because these programs are geared toward children learning the English language, they incorporate social studies and science lessons along with the reading skills. Nonprofit Literacy Groups Organizations like ReadWorks and edHelper have reading comprehension worksheets available on their websites. Many of these collections are themed by genre or subject matter. Additional practice. It provides an opportunity to communicate with people in an assertive way. The following link gives an access to assertive communication worksheet: Assertive Communication Worksheet- The Three C's Assertive Communication Worksheet- Formula For Assertive Communication The following table describes various aspects of assertive communication, which, when added together, gives a formula for assertive communication. It states how we feel when we do something in any situation and what would I like to do in such circumstances. It provides us with the knowledge of how we should react in different situations in order to have assertive implication. It lays stress on the way in which different situations are dealt with. I feel X When you do Y In situation Z And I would like *I feel angry When you leave your socks and underwear on the bedroom floor After work And I would like you to put them in the hamper. I felt insignificant When you left me with an empty gas tank Yesterday And I would like you to leave the car with at least 1/4 tank of gas. I feel angry When you don't call me If you are staying late at work And I would like you to call as soon as you know you will be late I feel loved When you kiss me When you get home And I would like you to do that everyday The link to access the above worksheet is as follows : Assertive Communication Worksheet- Assertive Communication Assertive communication style is the best style to communicate with others as it allows efficient deliverance of one's needs to others and also does not violate others rights. The assertive communication worksheet by the website, psychologytools, is a great resource for distinguishing between three basic communication styles, passive communication, assertive communication and aggressive communication. The worksheet lays emphasis on assertive communication. Worksheet for mixed fractions Tutorial included These worksheets all have a common denominator. Worksheets to find 1/4 of sets and of shapes. On the ReadWorks website, you can search for worksheets by grade level, text type and topic. Students are required to take fractions like 3/12 to 1/4. Many of these sites are age specific, but there are others that offer materials for children of all ages. Here are ways to find printable worksheets for kids. Parenting Blogs and Websites Visiting parenting blogs and websites offers you a variety of opportunities for finding free printable worksheets for kids. For example, if they print workbooks or other types of reading materials for educators, homeschooling parents or parents who participate in summer bridge learning programs, you could find award certificates to print and other free worksheets to support your curriculum on these websites. If you're looking for materials to use in a homeschool setting or for after-school practice, check out these sites. Use these fraction word problem worksheets. See my top recommendations here, as well as a full list of all products and services our team has tested for various mental health conditions and general wellness. Other mental health worksheets Below are a list of other mental health worksheets which may interest you: This page provides you with the best of assertive communication worksheets. Students need to find ways to see that 2/4 is the same as 1/2 and will benefit from having hands on activities. Students are required to find the common denominator prior to adding. If you refine your search to include a specific type of worksheet (like learning to print the alphabet), your search results will produce free worksheets specifically for that task. Change the mixed number to an improper fraction, divide using the reciprocal and simplify where you can. Some of these worksheets were made by us while some of them were curated from reputable third party websites. If you have any queries or questions regarding these worksheets, let us know through your comments, we will be glad to assist you. Enjoyed this article? You'll find worksheet that include ABC letters to print for free, as well as math sheets to print out. If you're looking for additional practice while reading a specific book, check out their websites for graphic organizers and comprehension questions. You also can purchase collections of traditional and homeschool worksheets in digital books arranged by reading level. These worksheets help students see the connection between fractions and decimals. To divide the fractions, multiply the reciprocal then simplify. For example, the company Reading Horizons has downloadable phonics worksheets that work with its digital phonics program and face-to-face lessons. You can find an assortment of printable reading worksheets for free and for sale on several websites. Teacher Websites There are several teacher websites where you can download reading comprehension worksheets they created for their classrooms. If your school doesn't have this information, search other school websites to see what they're offering. Use a Traditional Search Engine When you input phases such as "free printable worksheets" or something similar into the search bar of your favorite search engine, you'll receive results directing you to a broad range of sites offering printables for free. It can be downloaded in the form of pdf through this link: Assertive Communication Worksheet- Assertiveness Worksheet This worksheet is a great resource for training the individuals who face difficulty in communicating assertively. This worksheet allows individuals to visualize certain scenarios and learn to talk assertively in each case. The scenarios are from real life examples and thus can be related to daily life experiences. The worksheet enabled an individual to think critically on each of the given situations and explore his feelings, thoughts and behavior outcome in each scenario. The individual is directed to write his response assertively. If you wish to download it in its original form, click this link: Side Note: I have tried and tested various products and services to help with my anxiety and depression. It's also a great way for parents to get in extra practice with their children over the summer, or when they're struggling. This makes it easy to select worksheets that match the child's interest or to build background knowledge in specific areas. Teacher Resource Sites Whether you're a teacher or a parent, teacher resource websites are another option for finding reading worksheets. Assertive communication makes an individual articulate in a better way to speak for his needs. It persuades the person to face different circumstances by putting his thoughts in front of people so they can know them and respect them in the same way as they respect their own thoughts. The assertive communication worksheet gives an individual an opportunity to choose the way he deals with different people, which have either distant or close relation with him. It also persuades him to sprinkle assertiveness in daily life communications. MORE FROM QUESTIONSANSWERED.NET There are over 100 free fraction worksheets in PDFs below to support the many concepts encountered with fractions. Book publishers sometimes produce worksheets to pair with their books. Finding equivalent fractions is key. These worksheets require students to take fractions like 18/12 and reduce them or simplify them to 6/4 and on to 3/2 and on to 1 1/2. It mentions all of its characteristics and enables an individual to learn to speak assertively by giving them some good tips. This worksheet is a good resource for learning assertive communication. If you wish to download it in the form of pdf, click this link: Assertive Communication Worksheet- Assertiveness We all know the best way to communicate is the one in which the other person is not disrespected and all demands or needs are delivered to the other person clearly, without being aggressive or passive. Assertive communication holds all the characteristics of good communication. The worksheet, "Assertiveness", is a great, detailed worksheet that clarifies the concepts of passive, aggressive and assertive communication. It differentiates among all these three communication styles in terms of their characteristics, beliefs, eye movement, posture, hand movements and consequences. Then it throws light on the way each type of individual (passive, aggressive and assertive) responds to a critic. Be sure you're looking in the right place when you're searching for free-to-print worksheets to ensure they're age appropriate. Look at Educational Websites and Blogs There are a broad range of educational websites and blogs catering to teachers, homeschooling parents and parents who want to help their children with advancement or overcoming struggles. When children need extra practice using their reading skills, it helps to have worksheets available. Some of these worksheets are made by us while some of them have been curated from reputable third party websites, after reviewing relevant content from several sites. Assertive communication is one of the communication styles. Many of these blogs and websites cater to children of all ages, but some of them are age specific. Can students apply what they know? 6 Worksheets to subtract fractions with a common denominator. Eight Pizza Worksheets to show the toppings by fractional amounts. Teaching children to read is an important skill they'll use for the rest of their lives. Others are more collaborative and give teachers a place to share best practices and materials with others. They might also provide free coloring pages, puzzles and other fun activities. Don't Forget Your School Sometimes a school website will post a blog or feature information on their library's website that includes free printable worksheets. It throws light on assertive communication and trains and individuals about how to adopt this communication style. Overall, it is a great resource for training individuals who feel difficulty in saying "No" to others and are unable to deliver their needs to others in a proper way. This worksheet is easily accessible on the internet. In addition to offering printable coloring pages, many of these sites present educational printables for free as well. Use a ruler to line up the equivalencies. When starting with fractions, begin by focusing on 1/2 and then a 1/4 before moving to equivalent fractions and using the 4 operations with fractions (adding, subtracting, multiplying and dividing) These worksheets require students to find a half using circles, squares, rectangles, sets of objects e.g., one-half of 12 cookies, one-half of 14 chocolates etc.

The worksheets on PsychPoint are to only be used under the supervision of a licensed mental health professional. If you are concerned about thoughts of suicide or if you feel you are in immediate need of help, call 911 or the suicide prevention hotline at 1-800-273-TALK. 12/11/2018 · There are several SAMHSA workbooks listed below; you can find additional free publications on SAMHSA's website. For fact sheets and brochures, go to the National Institute on Drug Abuse website or the National Institute on Alcohol Abuse and Alcoholism. If you're looking for 12-step literature, many 12-step organizations post free reading materials, workbooks, and ...

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