

Survey

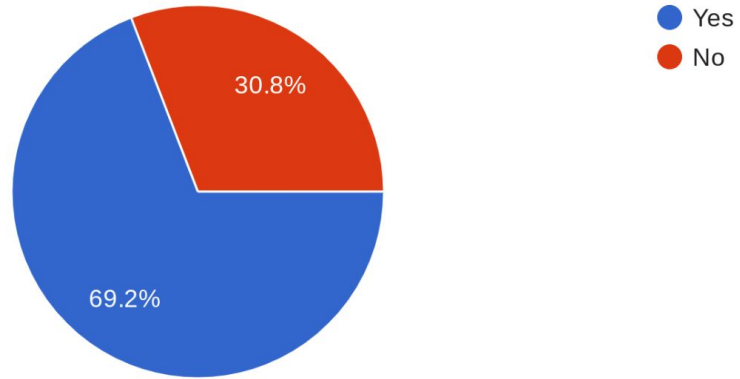
Mental Health Statistics

Shared Coping Strategies to Middle School Teens Aged 11-14

Week 1: Mindfulness

Would you do it again in your own time?

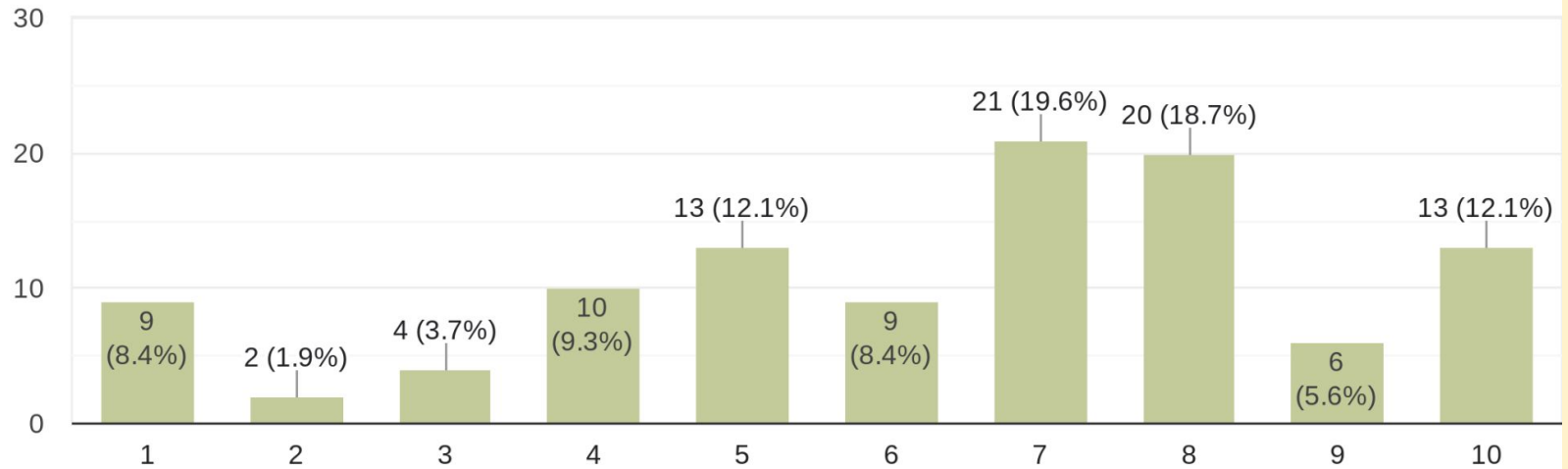
107 responses



Week 1: Mindfulness

How beneficial was it for you?

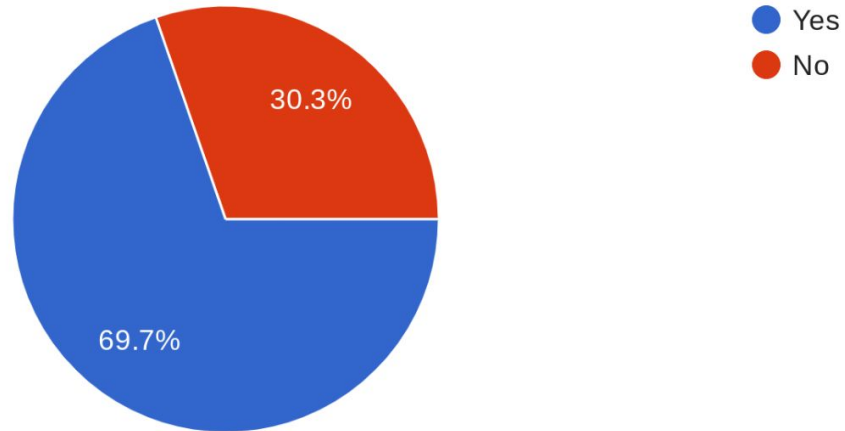
107 responses



Week 2: Positive Affirmations

Would you do it again in your own time?

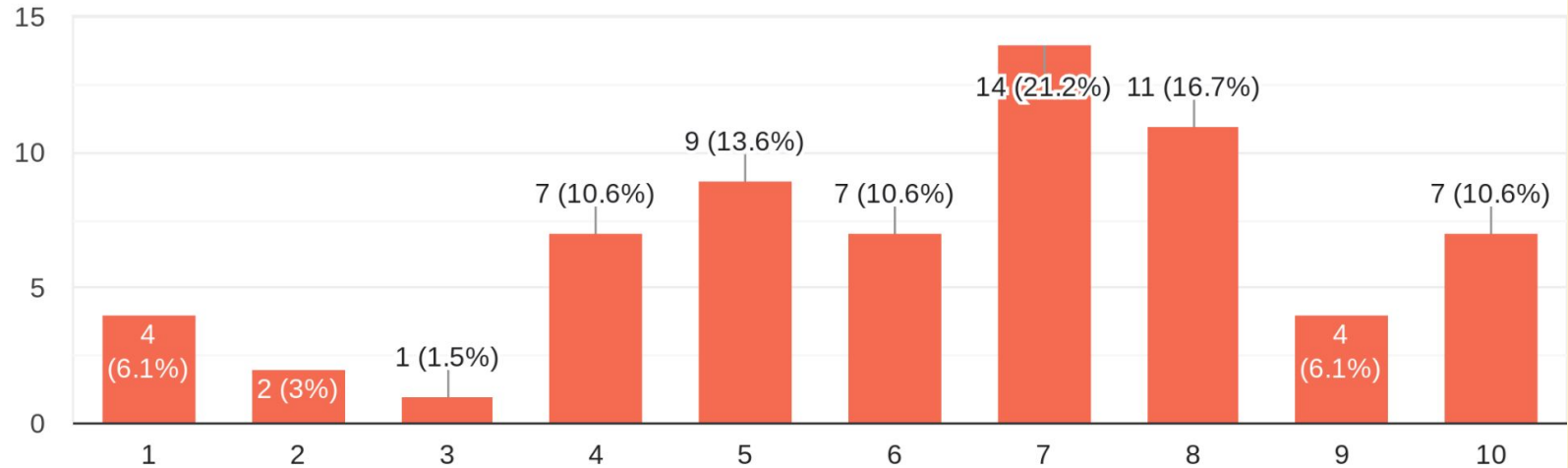
66 responses



Week 2: Positive Affirmations

How beneficial was it for you?

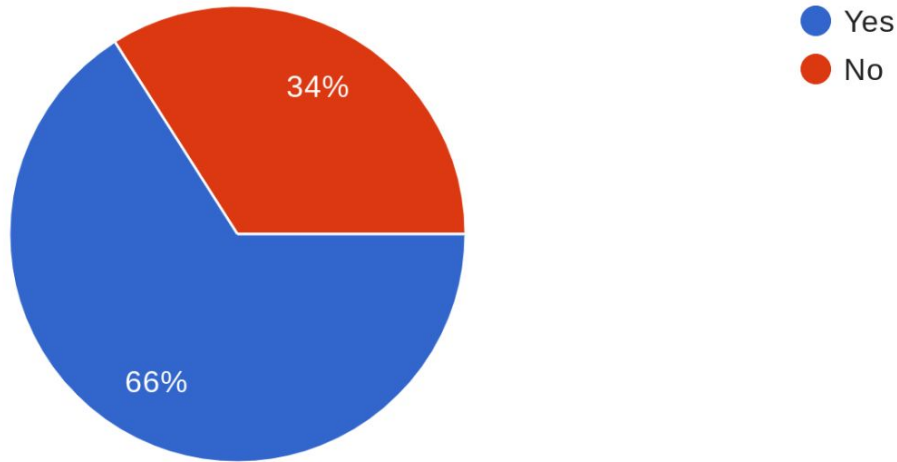
66 responses



Week 3: Breathing Techniques

Would you do it again in your own time?

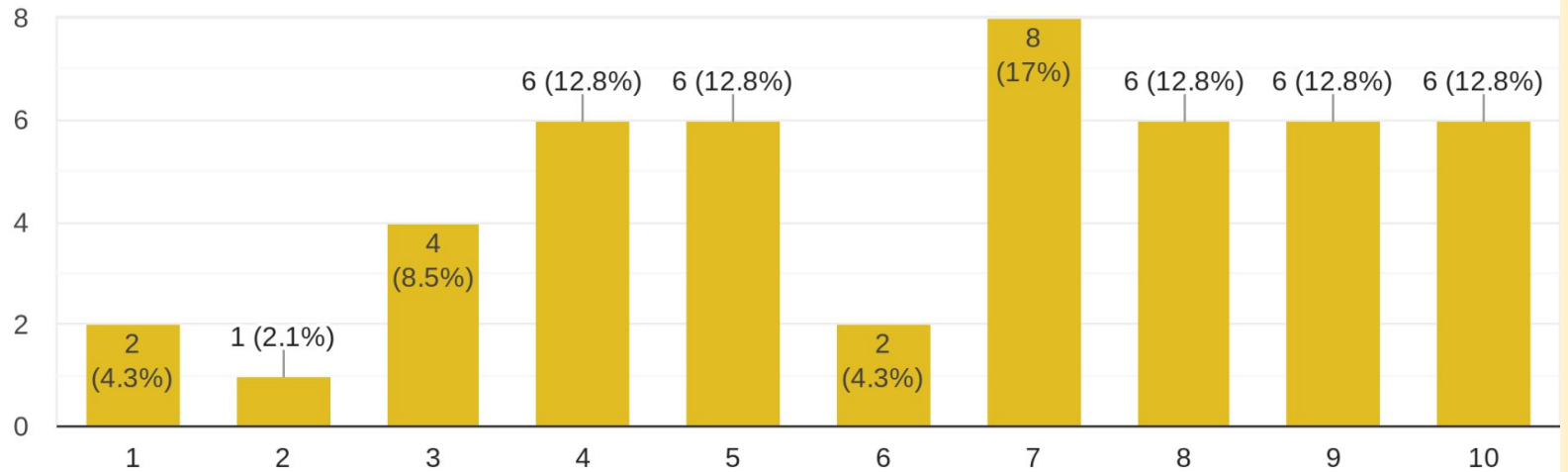
47 responses



Week 3: Breathing Techniques

How beneficial was it for you?

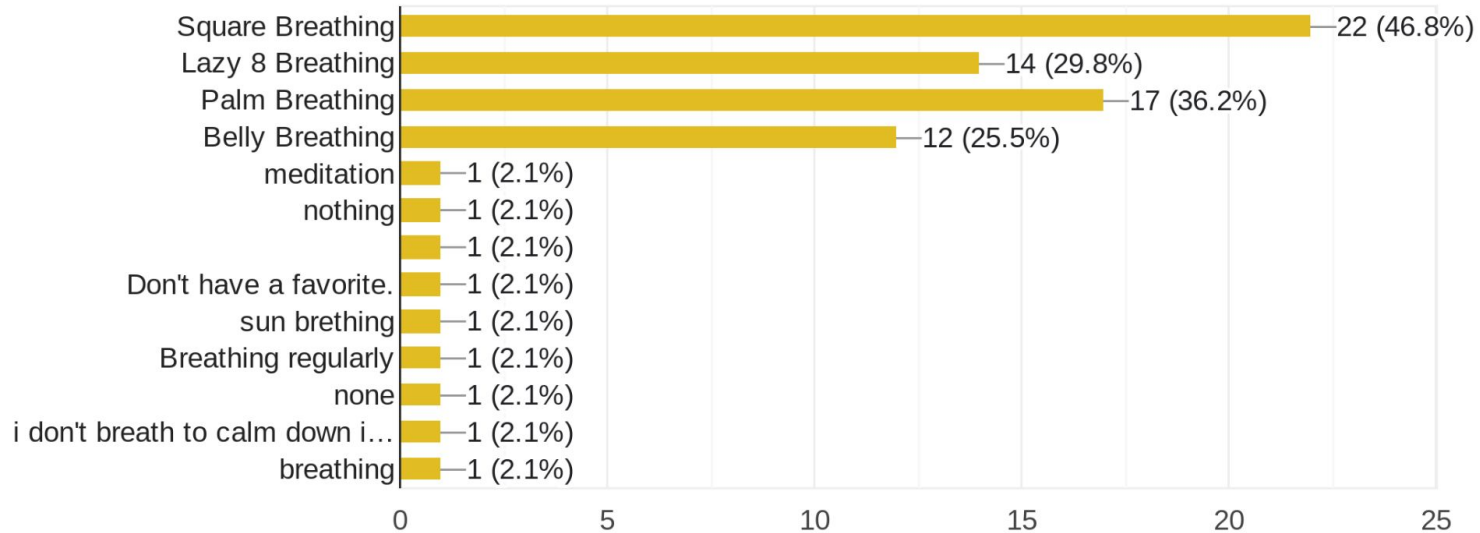
47 responses



Week 3: Breathing Techniques

Which are your top favorites?

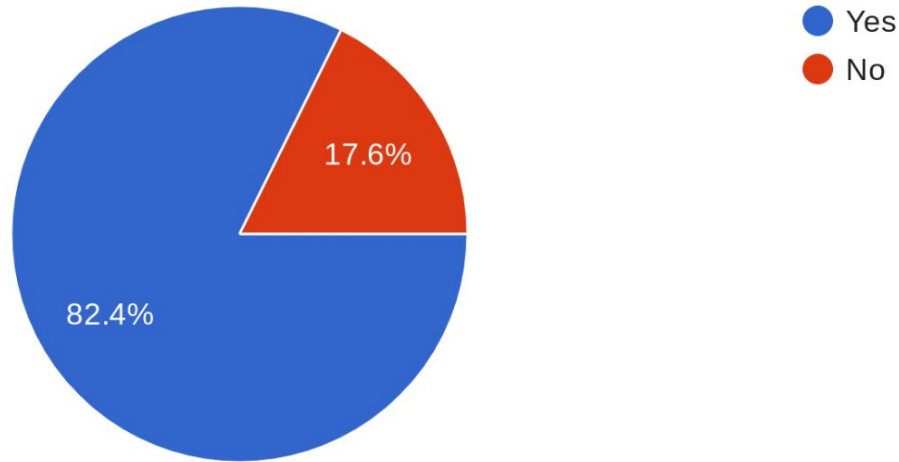
47 responses



Week 4: To-Do Lists

Do you think to incorporate daily to-do lists into your routine?

34 responses



Week 4: To-Do Lists

How beneficial was it for you?

34 responses

