



FRESH START

January is a natural moment to pause and reset. A "fresh start" doesn't mean becoming a whole new person overnight – it means giving yourself permission to reflect on what's working, let go of what's not, and build habits that support your overall mental and physical wellbeing. Recognize that growth is possible, even in small steps, and you deserve to move into the new year feeling hopeful.

A fresh start can look different for everyone. For some, it's organizing school responsibilities, learning how to better manage time, and/or setting healthier boundaries. For others, it's reconnecting with friends, limiting social media use, practicing self care, or reaching out for support. What matters most is choosing actions that feel right for you. January is a chance to begin with intention.



CREATE AN INTENTION BOARD

An intention board highlights the feelings and experiences you want to grow in your life. It helps you focus on what matters most – like connection, confidence, or balance – while staying open to new possibilities. Creating one can guide your choices and motivate / remind you of the mindset you want to carry into the year.

Take some time to create your own intention board. (source: [The Jed Foundation](#))



1 Define Your Intentions:

Focus on the feelings you want to experience rather than specific outcomes so you stay open to the ways those feelings can show up in your life.

2 Pick Your Canvas & Materials:

Choose a format that inspires you and gather materials (like images, colors, and textures) that visually express your intentions.

3 Create Your Board:

Bring your intentions to life in whatever literal or symbolic way feels right, taking your time and staying centered on the emotions you want to express.

4 Keep It Visible & Check In Often:

Place your board somewhere you'll see it regularly so it can remind you to stay grounded in those feelings and experiences.



RESOURCES

988 SUICIDE & CRISIS LIFELINE

Available 24/7 for immediate, confidential support from trained counselors. Save the number and call or text anytime you need help.



Offers teen focused resources and activities you can complete online or at home, including the "Setting and Reaching Goals" and "Keep Your Mind Grounded" worksheets.



National Alliance on Mental Illness

Provides activities and guides for managing emotions, stress, and mental health conversations. Try the "Back to School Commitment Planner" to help organize your time in the new year.



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