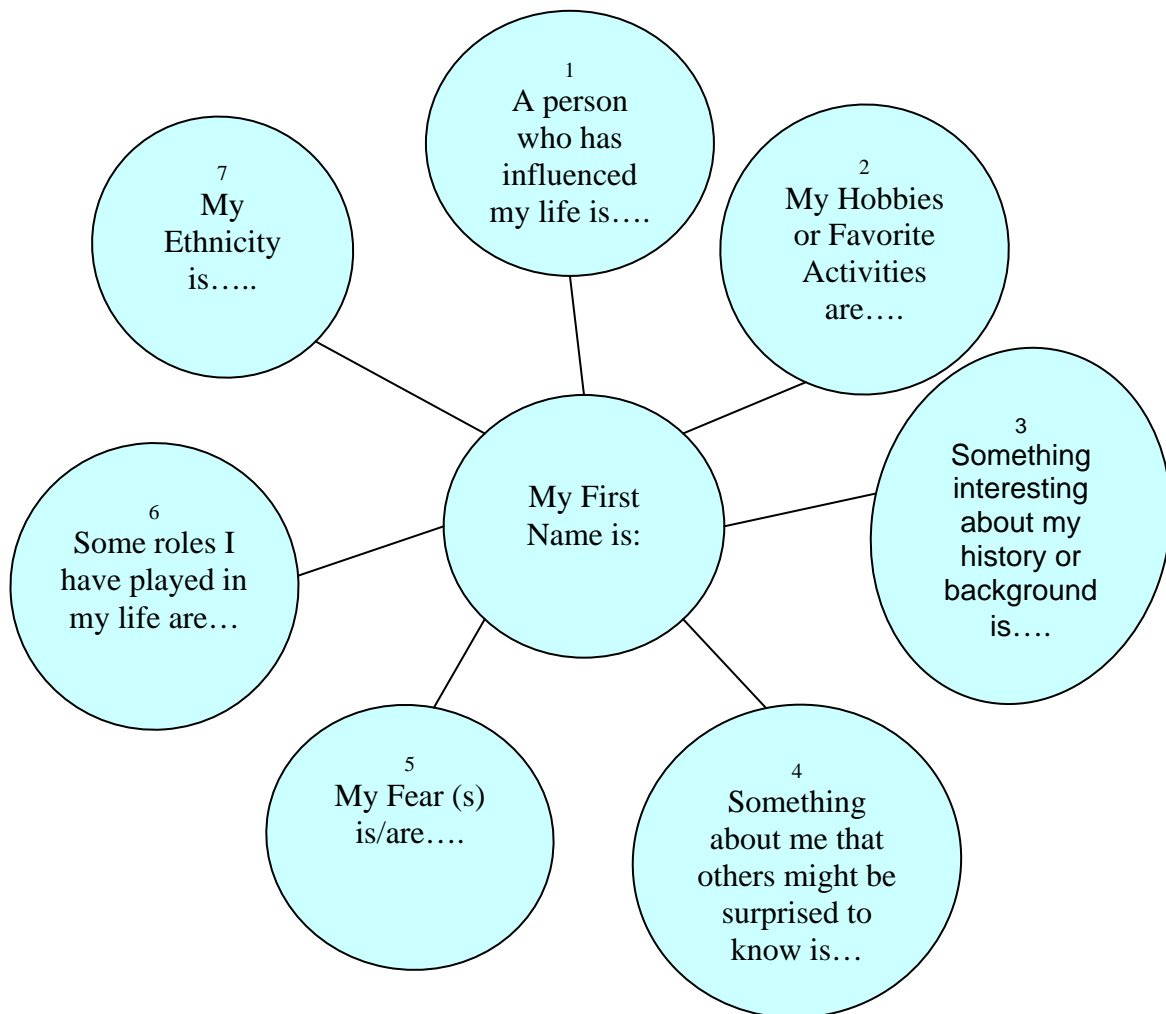


# MY DIVERSITY

We are all unique and diverse. This team building activity gives us a way of visualizing how different and similar we are.

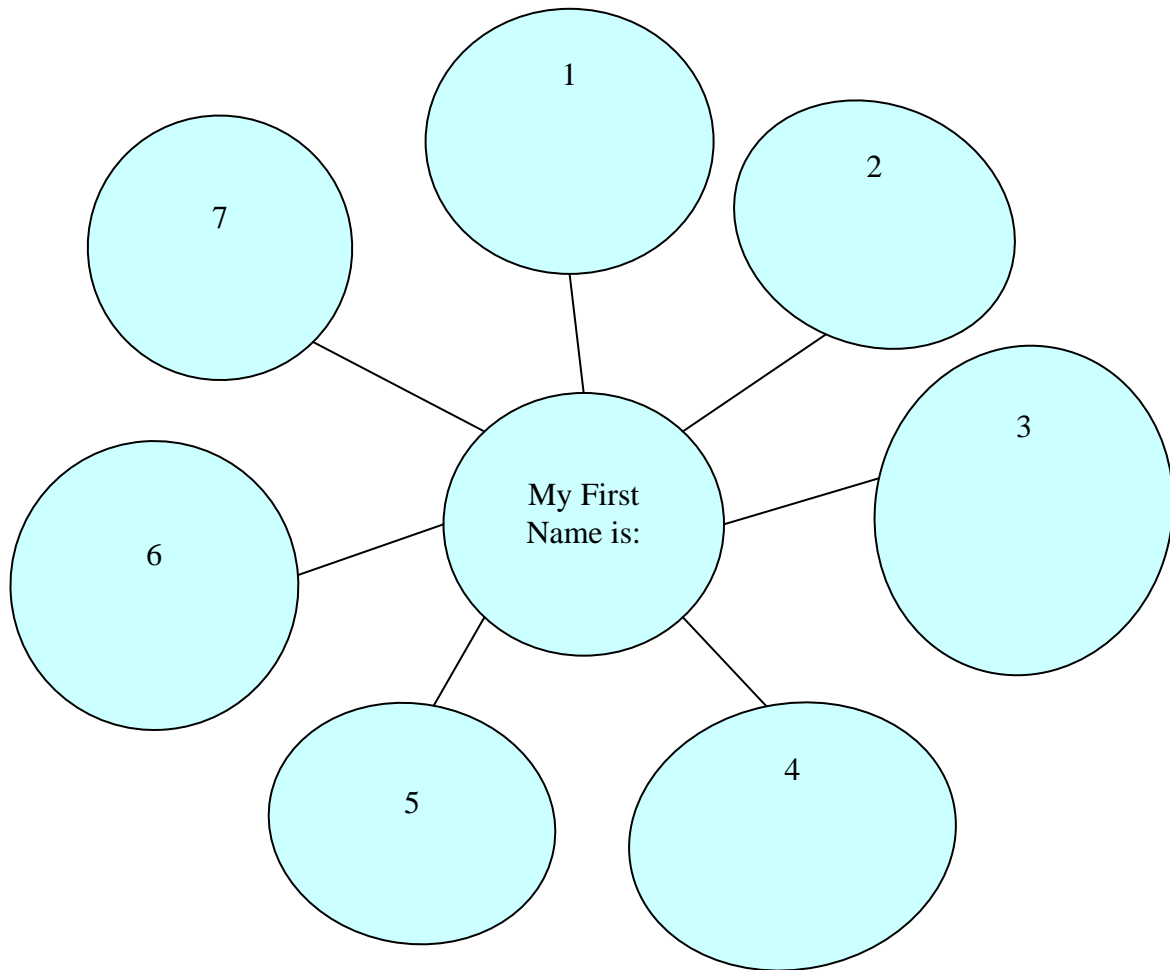
Using the blank model, place your name in the center box. Then write things that are important to you and qualities that contribute to who you are as a person.



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# Tools

Provided below are examples collected from a group of peers of their tools and ideas. Keep in mind everyone is different. We all come from different places in life and all have different world views.

Food for thought: What is a tool for one person might be a trigger to another.

- Time off
- Hope spread by others
- Support of others
- Lotion
- Sports
- Counseling
- Family
- Friends
- Cookies
- Chocolate
- Coffee
- Soda
- Ice Cream
- Taco del mar (out to eat)
- Candy
- Squishy balls
- Girls/Guys night out
- Gym/exercise
- Reading
- Animals
- Sports
- Paintball/air soft
- Crossword puzzles
- Meds/supplements
- Pictures of a favorite person, place or memories
- Planning a vacation
- Swimming
- Special stuffed animal
- Toothpaste/toothbrush
- Getting nails and toes done
- Getting hair done
- Keep up personal hygiene
- Eye glasses

# Triggers

Provided below are examples collected from a group of peers of their triggers. Keep in mind everyone is different. We all come from different places in life and all have different world views.

Food for thought: What is a trigger for one person might not be to another.

- Messy house
- Being annoyed by another person—obnoxious noises to early in the morning before noon
- people walking really slow in front of you, driving slow
- people being late egging you on someone pouring cold water on you in the shower wet willies
- people putting their finger in mouth when yawning
- people talk to much cant remember what I was going to say
- abusive people
- people who are rude
- People who are really abrasive
- light bulbs
- bic pens
- little square mirrors
- Scary movies
- Being afraid
- Not being able to breath well-- - while being tickled
- People getting in my personal space when not invited
- People touching me when not invited
- Being tired
- Being overwhelmed
- Cigarette smoke
- Not enough money
- Waiting for people
- Past issues with Significant other
- Sex
- Gambling
- Rock music
- Clowns
- Scary movies
- Quiet people
- Loud noises
- Loud people
-

## **ANGEL MOORE**

Angel has 12 years in recovery from being addicted to Methamphetamines used drugs for 17 years of her life and has been homeless as a teen on the streets as well as a single mother. She strives to help other in their own recovery by sharing hope and healing also facilitating with her teen daughter Kayla Griffin that communication and healing is possible.

## **KAYLA GRIFFIN**

Kayla is 17 year old high school student. She works on her how mental health recovery and shares her experience, strength and hope with her peers in school during their times of challenge. Kayla presents Building Recovery Tool Box with her mother Angel Moore and she encourages all parents to learn to work with their teens on personal growth and empowerment.