



Mental Health Awareness Month

Positive Childhood Experience Challenge

This May (and every day) let's come together to *create positive experiences* for youth in our community!

The impacts of adversity on children and teens can be reduced with positive experiences we create for them, such as nurturing relationships, meaningful activities, and learning skills to cope with challenges and tough times.

This May, join us in raising awareness about Positive Childhood Experiences (PCEs), mental health, and how to manage stress. Whether you're a library, school, or a community-based organization (CBO), these resources and activities can empower your community to learn about Adverse Childhood Experiences (ACEs), their impact on our minds and bodies, and how to begin healing.

Download these resources at livebeyondCA.org:

- ♦ **Booklist:** A thoughtfully selected list of books exploring trauma, mental health, resilience, and self-care.
- ♦ **Poster:** A visual tool to spark conversation and raise awareness about the impact of Positive Childhood Experiences (PCEs).
- ♦ **Palm Cards:** Handy resources with mental health tips and local support contacts.
- ♦ **Bookmark:** A useful, portable reminder to promote stories about mental health, trauma, and healing.
- ♦ **Additional resources:** Activity tip sheet, social media posts, healing journal, Stress Buster pocket card, and more!

Join the Challenge!

Download resources ♦ Host an activity ♦ Share on social media using #LiveBeyondACEs



Do you remember a positive experience or relationship from your own childhood? What was it about them that felt good? Here are a few activity ideas to bring to life for a youth in your care or your community:



1. **PCEs in action.** Create an interactive space where people can share positive experiences or relationships from their own childhood. Include resources where young people can find connection and where adults can volunteer to support a child in their community. Share opportunities, local programs, and PCEs in action on social and in newsletters.
2. **Create a Live Beyond resource hub.** Set up a dedicated space for your community to explore and learn. This could be a physical or digital space. Share resources such as the poster, bookmark, palm cards, and more.
3. **Launch a social media book challenge.** Encourage people to share what books they're reading related to mental health, ACEs, or stress management, using the campaign hashtag. Using the Live Beyond booklist, share a weekly book recommendation.
4. **Create a Live Beyond book club.** Feature books from the provided booklist and combine a book discussion with healing activities and demonstrations such as breathing, journaling, and mindfulness. Incorporate the Live Beyond journal for self-reflection during meetings, guiding participants to explore how the book's themes connect to their personal experiences.
5. **Mindfulness and wellness stations.** Set up mindfulness stations around your library or community space, with different activities focused on stress reduction. This can include deep breathing, journaling prompts from the Live Beyond journal, and various mindfulness activities.



Live Beyond *campaign social media*

Follow our campaign on social! Discover personal stories from youth, the science behind ACEs and toxic stress, and, importantly, ways to heal. Spread the word to colleagues and loved ones!

And if you happen to share about your own healing journey, or how this campaign has helped, please use our hashtag **#LiveBeyondACEs**.

 Facebook: Live Beyond Campaign

 Instagram: @LiveBeyondCA

 TikTok: @LiveBeyondCA

 YouTube: youtube.com/@livebeyondca