



North
Sound
A C H

TAANVI AREKAPUDI

January 24 Day 1

www.taانvi.us

SQUARE/BOX BREATHING

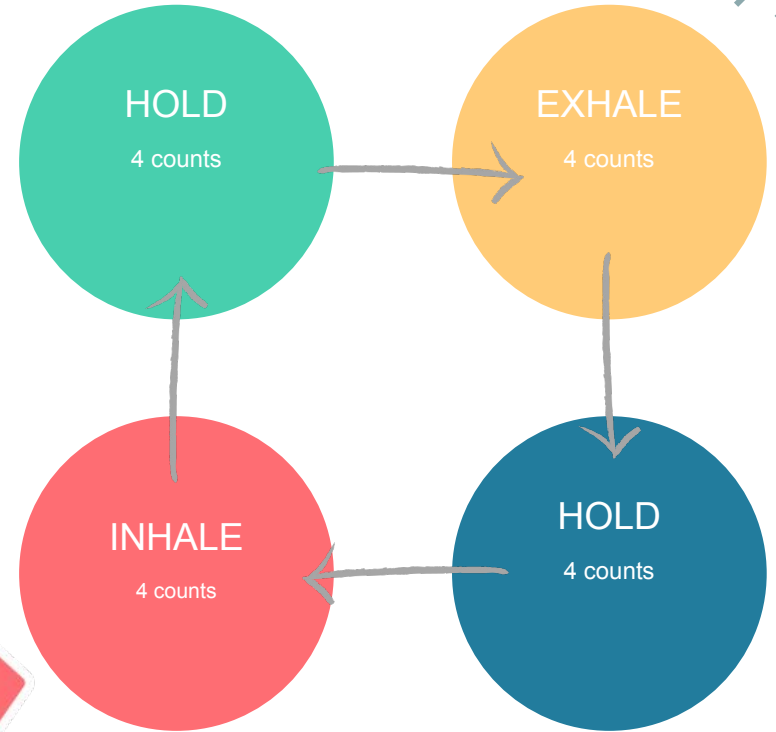
Box breathing is a deep breathing technique that involves counting to four while inhaling and exhaling. It helps calm the mind, relax the body, reduce stress and anxiety levels, and soothe the nervous system. The Navy uses it to focus during stressful situations.

RELIEVE STRESS AND ANXIETY

CALMING YOUR NERVOUS SYSTEM

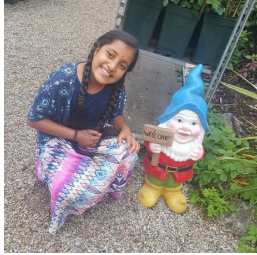
CONTROL OF YOUR THOUGHTS

Start here



MY JOURNEY WITH MENTAL HEALTH

Ireland



Mom, Dad,
Sister



US



4th
Grade

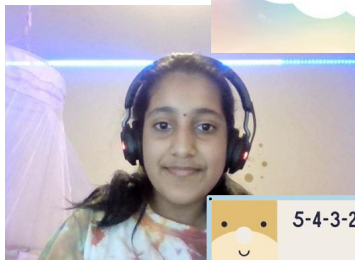


ISOLATION

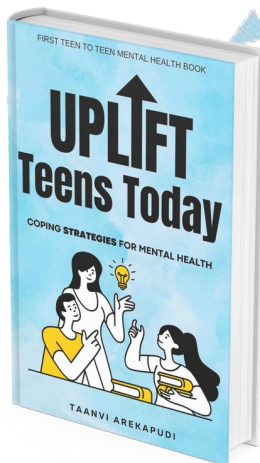


ROAD TO ADVOCACY

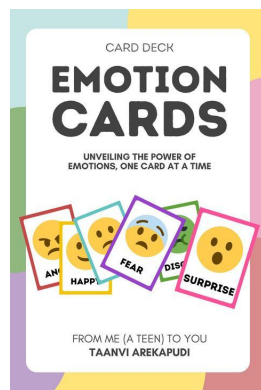
Online Learning



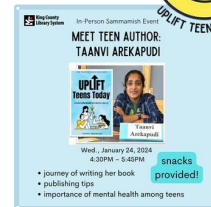
Wrote/Published Book



Mental Health Campaign



Emotion Cards

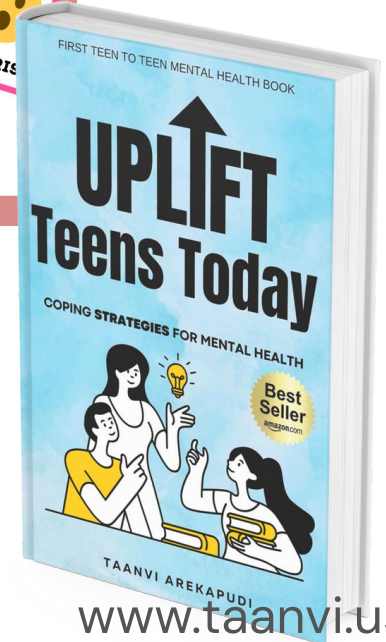
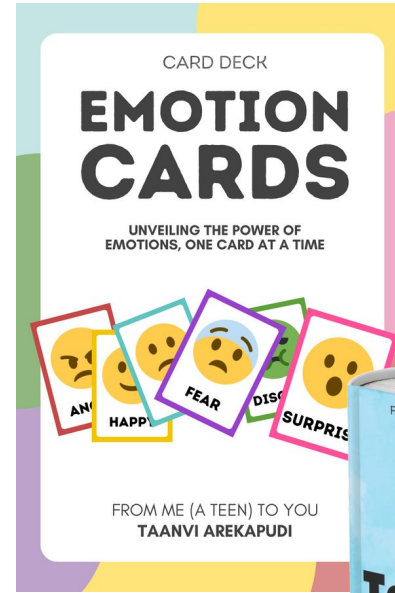


STIGMA



TAANVI AREKAPUDI

- 14 y/o
- Founder/President of Teen Empowerment Club
- Youth Ambassador for the NAMI
- NSAC in Work2BeWell
- Washington HCA YYACC Youth Lead
- FYSPRT KC3 Co-Youth Tri-Lead
- AAP CoE on Social Media and Youth Mental Health YAP
- Suicide Prevention Peer-To-Peer Training Certified
- And more!



HOW CAN WE HELP YOUTH FEEL VALUED?

- **Youth Involvement Opportunities**
 - Peer Stories
 - Youth Voice In Panels
 - Presentations
- **Youth Leadership Opportunities**
 - Youth Ambassador
- **Feedback Unique Forms/Surveys**
- **Meet Youth Where They Are At**
 - Social Media Include
- **Youth From The Beginning**
 - Decision-Making Process



AS SEEN ON...

SCAN THE QR
CODE TO WATCH!

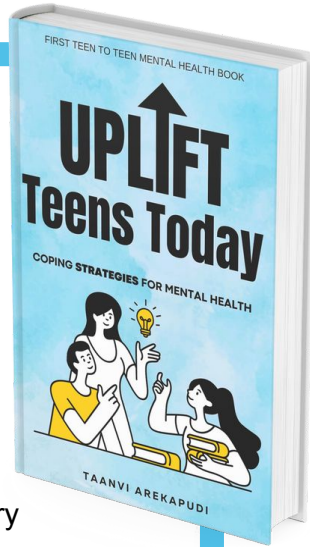


TAANVI AREKAPUDI

Mental Health Advocate | Speaker | Bestselling Author

Uplift Teens Today: Coping Strategies for Mental Health

- Mental Health Coping Strategies, teen-to-teen
- Empowering Message "They Are Not Alone"
- Tips through my personal story
- Includes: Scan Me Sections, Tip Boxes & Videos



Emotion Cards: Unveiling the Power of Emotions, One Card at a Time

- Practical tips and captivating visuals
- Guide to emotional understanding and management
- Suitable for all ages - easy & quick (w/cheat sheets)
- Identify and, once identified, can change the course of your emotions



@taanvis.inspiration



Uplift Teens Today



info@taanvi.us



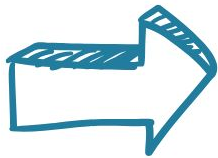
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**BE SURE TO
FOLLOW ME!**



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Turning Adversity into Action Panel

- **Bella James** - Children of The Setting Sun Productions
- **Ahmad Hilal Abid** - House of Wisdom
- **Taanvi Arekapudi** - Uplift Teens Today