

Mental Health & Wellness

Student Tip Sheet (Gr.7-12)



MINDFULNESS

Focusing on the present moment can help reduce feelings of stress. For example, meditation and deep breathing.

DISTRACTION

Sometimes taking your mind off the problem can help and creative activities can also help in expressing your emotions/ thoughts.

EMOTIONAL AWARENESS

Using tools to identify and express your feelings/thoughts can help you become more aware of how to help yourself. For example journaling,

IT'S OKAY TO ASK FOR HELP. TRY KIDS HELP PHONE:

www.kidshelpphone.ca
Text the word **CONNECT** to **686868**
or call: **1-800-668-6868**.

SELF-SOOTHING

Calming yourself by focusing on your 5 senses. Example: sight, sound, smell, etc.

CRISIS PLAN

Have a crisis plan set in place to help you navigate through more challenging times. Talking to family/friends, hotlines, mental health professionals.

HOW TO ASK FOR SUPPORT

PREPARE what you want to talk about. Sometimes practicing can help you remember what you want to say.

Go to someone you **TRUST** and remember there is always someone who wants to help

You are often stronger than you think. Asking for help can be a difficult step but it takes **COURAGE** and you can do it!

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