

Mental Health & Wellness

Tip Sheet – Tools for Youth



MINDFULNESS

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

UNPLUG & UNWIND

Take 1 hour to be away from screens, leave your phone away and recharge your mind!

SELF-SOOTHING

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

ROUTINE

Keeping a routine can help us manage stress by helping us know what we can expect in our day.

EMOTIONAL AWARENESS

When we name what we are feeling we can take away some of the power of that emotion, and feel through it.

THOUGHT COUNTERING

- Step 1: Notice your unhelpful thoughts
- Step 2: Transform the thought into something more helpful or positive



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.

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.

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