

Definition and examples of what mental health is...

The **World Health Organization** defines it as:

"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

That's a pretty tall order. Who defines what the normal stresses are anyway? Daily life would be more accurate. I would also hope that work includes more than just your job – hobbies, passions, chores, etc.

Now **Mind's booklet on How to improve mental wellbeing** says:

Good mental health is about your behavior - what you do.

"You care about yourself and you care for yourself. You love yourself, not hate yourself.

You look after your physical health – eat well, sleep well, exercise and enjoy yourself.

You see yourself as being a valuable person in your own right. You don't have to earn the right to exist.

You exist, so you have the right to exist.

You judge yourself on reasonable standards. You don't set yourself impossible goals, such as 'I have to be perfect in everything I do', and then punish yourself when you don't reach those goals."

That sounds more realistic, if not optimistic. I certainly couldn't be that way every day. One of most important things to realize is that mental health is a spectrum, or a continuum, and that applies to everyone. It's part of the human condition. There are days when you are at one end and there are days when you are way at the extreme end.

Who does Mental Health affect...

These are the Facts put out by: The Canadian Mental Health Association (CMHA)

Who is affected?

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- Mental illness affects people of all ages, education, income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.
- About 1% of Canadians will experience bipolar disorder (or “manic depression”).

How common is it?

- By age 40, about 50% of the population will have or have had a mental illness.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.

So Why is mental health important...

Just as physical fitness helps our bodies to stay strong, mental fitness helps us to achieve and sustain a state of good mental health. When we are mentally healthy, we enjoy our life and environment, and the people in it. We can be creative, learn, try new things, and take risks. We are better able to cope with difficult times in our personal and professional lives. We feel the sadness and anger that can come with the death of a loved one, a job loss or relationship problems and other difficult events, but in time, we are able to get on with and enjoy our lives once again.

Nurturing our mental health can also help us combat or prevent the mental health problems that are sometimes associated with a chronic physical illness. In some cases, it can prevent the onset or relapse of a physical or mental illness. Managing stress well, for instance, can have a positive impact on heart disease.

What factors affect our well-being and mental health

A mental health condition isn't the result of one event. Research suggests multiple, linking causes.

Loneliness:

There are many reasons why people feel lonely or isolated. Some reasons may include:
relocation or death of your spouse, family member, partner or friend

living on your own

poor family connection

difficulties socializing and feeling like you don't belong

feelings of loss or grief

poor physical health or frailty

mental health issues or conditions (e.g. depression, anxiety)

unable to participate in activities due to illness, mobility or transport issues

retirement from work

a lack of purpose or meaning in life

language barriers or reduced connections with your culture

Loss:

death of a loved one

the end of a relationship

a miscarriage

loss of a job

children leaving home

infertility

separation from friends and family.

Domestic and family violence behavior:

Physical harm - threats of self/physical harm, smashing things, hurting pets

Social - controlling where you go and who you see

Stalking – repeated threatening or harassing behavior such as following someone, making excessive phone calls, texts or emails to them

Emotional and psychological harm - humiliation, put downs and blaming

Financial - strict or unfair control of money

Verbal - name calling, yelling

Sexual assault - and rape

Spiritual or cultural - controlling practices or choices.

Non-physical forms of assault can be just as damaging as physical assaults. If you feel disrespected, unable to be yourself, afraid to disagree or negotiate for what you want.

Bullying:

Bullying can happen to anyone, anywhere. It can be in schools, at home, at work, in online social spaces, via text messaging or via email.

There is a national definition of bullying for Australian schools that says:

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behavior that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

Job Loss:

In these circumstances, it is normal to experience a range of emotions and problems including:

- difficulty getting to sleep or staying asleep
- anger, irritability, frustration, shock, sadness etc
- feelings of embarrassment or guilt
- distancing yourself from others and not socializing as much as usual
- loss of direction, feeling overwhelmed, anxious, powerless or fearful.

Before coming out:

Take some time to consider how you are going to do it and the preparation that is needed to ensure it goes as smoothly as it possibly can.

Knowing how you will answer questions about your sexuality;

Knowing what support that is available to you and who you trust that can be there for you during this time;

Reading up on LGBTI+ issues can help you answer questions you may get from family and friends;

The advantages and disadvantages of being financially dependent on the people you want to tell and how this might impact on you;

Who you want to tell and when the right time might be to raise it.

How you are going to cope if things don't go well and ensuring that you have some support if this does happen.

Sleep:

The Sleep Health Foundation recommends 'Ten Tips for a Good Night's Sleep' being:

- Have a regular sleep pattern
- Spend the right amount of time in bed
- Bed is for sleeping, not entertainment
- Wind down and relax before going to bed
- Make sure your bedroom is comfortable
- Alcohol, caffeine and cigarettes – to be avoided, particularly prior to going to bed
- Avoid daytime naps
- Don't lie awake watching the clock – get up and do something relaxing until you feel sleepy again
- Avoid sleeping pills except in exceptional circumstances
- May need to seek professional help.

Alcohol and Drugs:

Alcohol and other drug use can impact your mental health in a number of ways. This includes:

- affecting your mood in the longer term
- impacting on other coping skills
- affecting relationships
- undermining self-esteem
- increasing likelihood of self-harm and suicide in those at-risk.

Pregnancy, becoming a new parent (including postnatal depression)

Becoming a parent can be an exciting time but also be very challenging and physically demanding.

Childhood years – starting schools, changing schools and the move to high school

The beginning of school is a time of transition for both parents and child. They are learning a whole new set of social skills, such as how to get along with others and how to be resilient when they don't get what they want.

Teenage years

Transition from primary school to high school is another big step, with a new environment and a new set of expectations. In your teenage years you experience a range of emotions. Events such as new relationships, studying for exams, starting a new job and figuring out your friendship group can be challenging. During this time, following puberty, the brain is also going through a critical time of development which affects emotions, decision making, controlling impulses, anticipating consequences of behavior and the ability to take-in information and understand it, then set goals.

Adults (18 to 65 years)

Moving into the adult world can bring its own set of stresses, deciding what you want to do when leaving school, whether to do tertiary study, and what to study or searching for a job. Negotiating the adult world with new freedoms and responsibilities can be challenging. Developing relationships, starting a family, getting married and long hours of work all bring stresses that can impact on your mental health.

Older adults (over 65 years) and retirement

Getting older brings its share of challenges, and you may find it difficult to look after your mental health and wellbeing at times. If feelings like sadness or worry are preventing you from getting the most out of life, help and support is available for seniors with mental health issues.

Major life events

Everybody experience ups and downs in their lives. These could be due to the stress brought about by major events that occur in life such as: financial worries, job loss, a death, an accident or long term injury, breakdown of a relationship.

Sometimes even happy events like the birth of a baby, moving interstate or overseas, planning a wedding or retirement can be stressful and result in you feeling down.



know the five signs

Nearly one in every five people, or 42.5 million American adults, has a diagnosable mental health condition. Half of all lifetime cases of mental disorders begin by age 14.

Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:



Personality Change.

You may notice sudden or gradual changes in the way that someone typically behaves. He or she may behave in ways that don't seem to fit the person's values, or the person may just seem different.



Agitation

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.



Withdrawal

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities he or she used to enjoy. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in someone's typical sociability, as when someone pulls away from the social.



Poor Self-Care

You may notice a change in the person's level of personal care or an act of poor judgment on his or her part. For instance, someone may let his or her personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate.



Hopelessness

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them suggesting suicidal.

10 WARNING SIGNS

May is mental health awareness month. Take charge by knowing some common signs of mental illness in adults and adolescents. *

- 1 Feeling very sad, withdrawn or unmotivated for more than two weeks.
- 2 Making plans or trying to harm or kill oneself.
- 3 Out-of-control, risk-taking behaviors.
- 4 Sudden overwhelming fear for no reason, sometimes with a racing heart or fast breathing.
- 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
- 6 Severe mood swings causing problems in relationships.
- 7 Excess use of drugs or alcohol.
- 8 Drastic changes in behavior, personality or sleeping habits.
- 9 Extreme difficulty in concentrating or staying still.
- 10 Intense worries or fears getting in the way of daily activities like hanging out with friends or going to classes.

*signs courtesy of NAMI

Understand how mental illness affects a person's everyday life

“A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.”

Mental illness can affect people in many ways but there are some general symptoms you can expect:

- **Behavior:** Mental illness can lead to behaviors that may be quite bizarre and confusing, e.g., a man experiences severe anxiety when his wife leaves the house; a young girl washes her hands 50 times after she touches an object; a young woman has no energy to get out of bed for days at a time.
- **Thinking** Their thoughts may occur very quickly or slowly, may be poorly organized, confusing, illogical or irrational. You may observe this when your family member talks with others. Difficulty following along with conversations, statements that don't make sense, and memory problems.
- **Mood** Everyone experiences a variety of moods like feeling down, anxious or excited, and mood changes. With mental illness, however, severe moods and mood changes often cause significant distress over time and reduce a person's ability to function on a day-to-day basis.
- **Perception** Your family member may experience the world with their senses (vision, smell, taste, touch, hearing) in unusual and/or strange ways, e.g., hearing voices or exaggerated sensitivity to sound.
- **Social withdrawal** With some mental illnesses people begin to withdraw from family and friends. Social activities are dropped and they increase the amount of time they spend alone.

As with many physical health conditions, living with a mental illness may have affects on other areas of your life including;

Your Physical health

Coping with a mental illness may impair your ability to protect and develop your physical well-being.

•Your Work

Getting or maintaining a job may be more difficult when symptoms or side effects of a mental illness make it harder for you to function normally and some employers still stigmatize employees who have mental illnesses.

•Education

Studying may be more difficult when living with mental illness and does the school or college you attend provide adequate support for students affected by mental illness?

•Housing

The nature of a particular individual's illness may mean they need some form of supported housing or support to live in their own home in the community.

•Driving

This can be a complicated subject for but it is important to seek guidance as it can affect insurance cover for a driver.

•Parenting & children

Mental illness can affect relationships and family life and certain medications will have an effect of pregnancy and the 'unborn child'. If taking medications, medical advice on conceiving should always be sought.

•Holidays

Coping day-to-day with a mental illness or caring for someone with an illness can takes its toil and appropriate holiday or respite breaks can help individuals living with or supporting someone affected by mental illness.

•Spirituality

Faith and spirituality are important to many people with a mental illness, and spirituality can have a can be a positive or negative influence on someone with a mental health problem.

•Stigma

The stigma of mental illness is difficult to bear as long as the media and general public do not understand the nature of mental illness. In order to fight stigma, there are steps everyone can take in helping their friends, families and colleagues understand the subject better.

Identify ways to promote good mental health and well-being in yourself and others.

“In order to promote good mental health, there must be action. Mental health promotion covers a variety of strategies, all of which have the aim of making a positive impact on mental health. Actions taken to promote mental health include strategies and programs to create environment and living conditions to support mental health and allow people to adopt and maintain healthy lifestyles. There is no one-size-fits-all program for promoting good mental health. The range of choices available increases the chances for even more people to experience the benefits of good mental health – or improving their mental health.”

You can promote positive mental health in your daily life and in the life of others by:

- Helping people to feel included
- Taking ownership of your life experiences and not blaming your situation on events beyond your control
- Eating well, drinking water, and exercising
- Creating and monitoring safe play areas for children
- Being accepting of changes in your environment, such as: a new job, changing schools, going through a divorce, the death of a loved one, being diagnosed with an illness.
- Identifying and realizing your goals (self-efficacy)
- At all stages of life, you can build resilience and skills to help improve or maintain positive mental health. You can do this by participating in:

Classes, school-based programs, anti-bullying campaigns: that teach children respect, tolerance and empathy seniors' walking, swimming and social groups, bereavement groups if you have experienced a death in your life, counseling for help if needed.

Promoting positive mental health in Children

Surroundings that are safe and secure:

Your meeting space should be a safe and secure place where your child will not feel fear. Despite our best intentions, however, there are situations and circumstances where children do become fearful, anxious, secretive, or withdraw. Remember that fear is very real to children. Try to find out what's causing the fear and how you may be able to correct it. Signs of fear include changes in eating or sleeping patterns, aggressiveness, nervous mannerisms, or extreme shyness. Children to say they're sick or appear anxious on numerous occasions may have a problem that needs tending to. Sometimes a move to a new meeting place, disruption in structure, or other stressful event will trigger fears.

Play opportunities with other children:

Make sure every child has plenty of opportunities to play with other children, inside and outside. Besides being fun, playtime helps children learn new skills, problem-solving, self-control, and allows them to be creative. Vigorous play, such as running, jumping and playing tag, helps children to be physically and mentally healthy.

Unconditional love:

The love, security, and acceptance trio are the bedrock for a child's good mental health. Make sure children know that love is not dependent on looks or grades or accomplishments. Let them know that mistakes and defeats are common when growing up, and are not cause for alarm. They are to be expected and accepted.

Confidence and self-esteem:

Nurturing a child's confidence and self-esteem involves praising them for the little things they do for the first time and/or do well, encouraging them to take the next steps, to explore and learn about new things. Providing a safe environment for them to play in, being actively involved in their activities, smiling and giving assurances, will help them build self-confidence and self-esteem. It's also important to set realistic goals for children, goals that match their abilities and ambition. As children get older, they can help choose goals that are a little more challenging and test their abilities further. Avoid criticism and sarcasm. These are detrimental to a child's self-confidence and self-esteem. Instead, if a child fails a test or loses at a game, give him or her a pep talk. They're looking for assurance, not criticism. Be honest, not brutally so, but don't shade the truth or gloss over your own failures or disappointments with little white lies. It helps children to know that adults are human, too, and sometimes make mistakes. Encourage children to do her best and to enjoy the learning process. By trying new activities, children learn teamwork, develop new skills, and build self-esteem.

Guidance and discipline:

While it's important for children to play and explore and learn, they also need to know that there are some behaviors and actions that are inappropriate and unacceptable, either in the family or in the school and community. Adults need to give appropriate guidance to their children and, when necessary, appropriate discipline. Discipline within the family unit needs to be consistent and fair. No changing the rules for one child over another. It's also important for parents to set a good example. You can't expect children to obey family rules if the adults consistently break them. If a child does something wrong, you should talk about their behavior that's inappropriate – not the child. Explain why you are disciplining your child as well as what the potential consequences of their actions may be. Do not resort to nagging, threats, or bribery, since children quickly learn to ignore such tactics. In addition, they are ineffective. Try not to lose control around your child and if you do lose your temper, talk about what happened and, if you're wrong, apologize.

Break down mental health stigmas

- Talk Openly About Mental Health
- Educate Yourself and Others
- Be Conscious of Language
- Encourage Equality Between Physical and Mental Illness
- Show Compassion for Those with Mental Illness
- Choose Empowerment Over Shame
- Be Honest About Treatment
- Don't Harbor Self-Stigma

“No matter how you contribute to the mental health movement, you can make a difference simply by knowing that mental illness is not anyone’s fault, no matter what societal stigma says. You can make a difference by being and living Stigma Free.”

Ways You Can Improve Your Mental Health

1. Tell yourself something positive.

How you think about yourself can have a powerful effect on how you *feel*. When we perceive our self and our life negatively, we can end up viewing experiences in a way that confirms that notion. Instead, practice using words that promote feelings of self-worth and personal power. For example, instead of saying, "I'm such a loser. I won't get the job because I tanked in the interview," try, "I didn't do as well in the interview as I would have liked, but that doesn't mean I'm not going to get the job."

2. Write down something you are grateful for.

Gratitude has been clearly linked with improved well-being and mental health, as well as happiness. The best-researched method to increase feelings of gratitude is to keep a gratitude journal or write a daily gratitude list. Generally contemplating gratitude is also effective, but you need to get regular practice to experience long-term benefit. Find something to be grateful for, let it fill your heart, and bask in that feeling.

3. Focus on one thing (in the moment).

Being mindful of the present moment allows us to let go of negative or difficult emotions from past experiences that weigh us down. Start by bringing awareness to routine activities, such as taking a shower, eating lunch, or walking home. Paying attention to the physical sensations, sounds, smells, or tastes of these experiences helps you focus. When your mind wanders, just bring it back to what you are doing.

4. Exercise.

Your body releases stress-relieving and mood-boosting endorphins before and after you work out, which is why exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like taking the stairs instead of the elevator or going on a short walk. To get the most benefit, aim for at least 30 minutes of exercise daily, and try to do it outdoors. Exposure to sunlight helps your body produce vitamin D, which increases your level of serotonin in the brain. Plus, time in nature is a proven stress reducer.

5. Eat a good meal.

What you eat nourishes your whole body, including your brain. Carbohydrates (in moderate amounts) increase serotonin, a chemical that has been shown to have a calming effect on your mood. Protein-rich foods increase norepinephrine, dopamine, and tyrosine, which help keep you alert. And vegetables and fruits are loaded with nutrients that feed every cell of your body, including those that affect mood-regulating brain chemicals. Include foods with Omega-3 polyunsaturated fatty acids (found in fish, nuts, and flaxseed.) Research shows that these nutrients can improve mood and restore structural integrity to the brain cells necessary for cognitive function.

6. Open up to someone.

Knowing you are valued by others is important for helping you think more positively. Plus, being more trusting can increase your emotional well-being because as you get better at finding the positive aspects in other people, you become better at recognizing your own.

7. Do something for someone else.

Research shows that being helpful to others has a beneficial effect on how you feel about yourself. Being helpful and kind—and valued for what you do—is a great way to build self-esteem. The meaning you find in helping others will enrich and expand your life.

8. Take a break.

In those moments when it all seems like too much, step away, and do anything *but* whatever was stressing you out until you feel a little better. Sometimes the best thing to do is a simple breathing exercise: Close your eyes and take 10 deep breaths. For each one, count to four as you inhale, hold it for a count of four, and then exhale for another four. This works wonders almost immediately.

9. Go to bed on time.

A large body of research has shown that sleep deprivation has a significant negative effect on your mood. Try to go to bed at a regular time each day, and practice good habits to get better sleep. These include shutting down screens for at least an hour before bed, using your bed only for sleep or relaxing activities, and restricting caffeinated drinks for the morning.



Miniature Zen Garden



We should all bring a touch of the garden indoors to create a relaxing, positive space. The Japanese practice of “Zen” means to be mindful. For us, a garden is the perfect way to bring the calmness and mindfulness into your day that helps us live a more patient and stress free life. Zen gardens may have begun in Japan, but you can make your own to enjoy indoors! They are meant to represent a small, simple version of a scene in nature. These DIY mini Zen gardens are so easy to make, are beautiful, and offer us the tranquility of a garden space even while sitting at our desk, or while zoning out on the sofa after work. Today everyone will create a garden that is customized to *your* meaning of “Zen”. It’s a very personal thing, harmony. Find your garden happy place in your mind, because that’s exactly where you want to go when creating your garden project!

Zen Garden

Step 1

Fill your container half way with sand. Give it a gentle shake to get the sand to settle evenly over the surface. Use the fork to push any grains of sand off the sides of the plate or bowl.

Step 2

Arrange your rocks. In traditional Zen gardens, the arrangement of stones is the most important part of the garden. In fact, here are very specific rules for stone arrangement in Japanese rock garden manuals. Place your stones mindfully with the best sides facing out. You can also place them randomly or in a specific pattern.

Step 3

Draw in your ripples. There's no right or wrong way to do this. Traditionally, the "raking" of the sand is suppose to look like water. The garden is meant to resemble a dry river. That's the great part about sand: if you don't like what your draw, it's just a simple shake to "erase" the pattern and start over.

Variations

Try swapping out the sand and rock colors for a different look. Draw swirls instead of lines. There are so many ways to personalize your Zen garden.

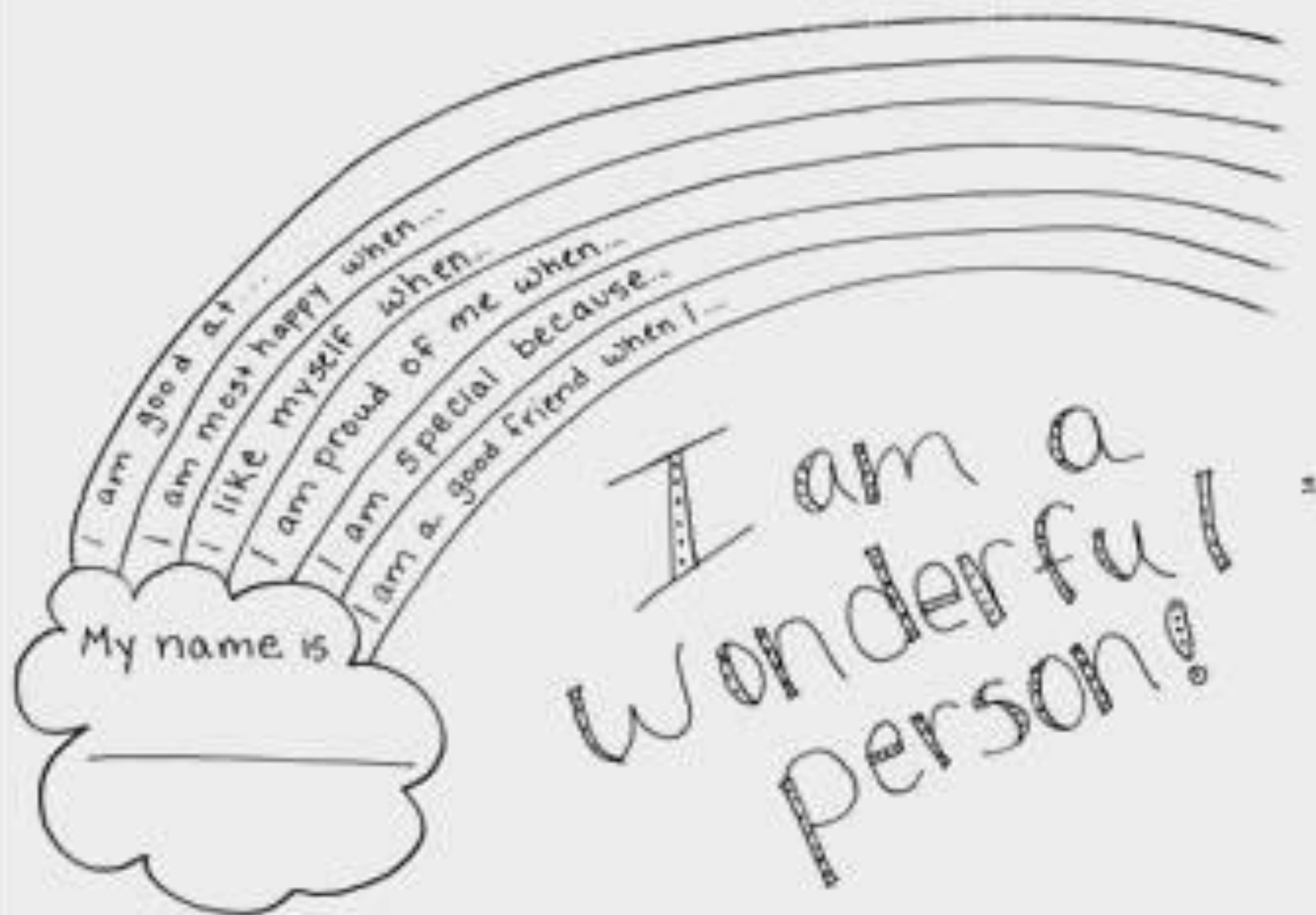
Start today!

You have the power to take positive steps right now to improve your resilience and emotional health. Don't wait until you're in a crisis to make your mental health a priority. Besides, it is easier to form new habits when you are feeling strong. You can then implement those habits when you need them most. Pick something that resonates with you and try it. Then, try something else. Slowly putting in place routines, habits, and regular patterns will help you feel better through gradual change.



WINNING WAYS TO WELLBEING





My name is _____

I am a
wonderful
person!

Coping Menu

Coping means dealing with a problem in a safe, healthy, and respectful way.

Directions: Choose at least 1 coping skill from appetizers, main courses, & desserts. You may add your own ideas for custom order.



Appetizers

- ☐ Take 15 deep breaths
- ☐ Imagine your relaxing place
- ☐ Listen to music
- ☐ Draw or color
- ☐ Read



Your "chef" will allow substitutions and custom orders.



Main Courses

- ☐ Talk to an adult or friend about it
- ☐ Exercise; ride your bike, take a walk
- ☐ Relaxation Exercises: "Squeeze a Lemon", "Get that Fly off Your Nose"
- ☐ Write it down, crumble it up, throw it away
- ☐ Play a game; basketball, DS, Legos, toys
- ☐ Play 54321 game
 - Name 5 things you can see right now, 4 things you can feel right now, 3 things you can hear right now, 2 things you can smell right now, and 1 good thing about yourself
- ☐ Stare at picture and make up story about it
- ☐ Rip up paper or old phone book or newspaper
- ☐ Take a warm bath or shower



Dessert

- ☐ Make silly faces in mirror or with another person to see who laughs first
- ☐ Imagine favorite day, memory, or vacation
- ☐ Dance
- ☐ Cuddle with a pet



I would like to **Custom Order:** _____

& _____

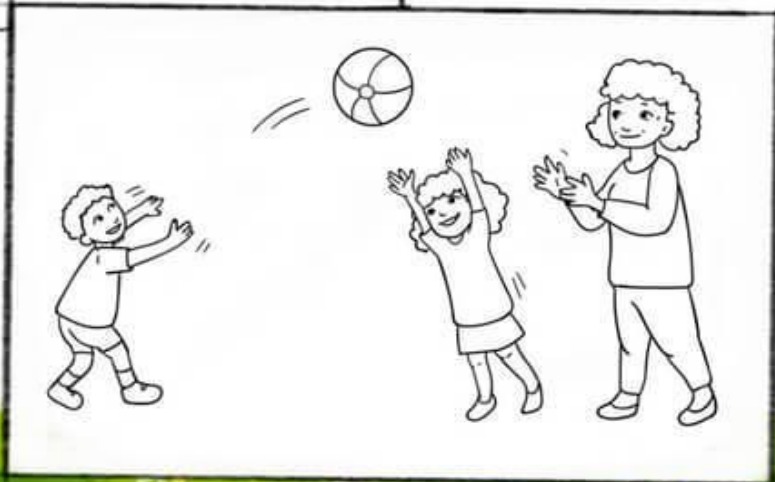
GRATITUDE ALPHABET GAME

Did you know that **being grateful** makes you more **confident**, **healthy**, and even helps you **sleep better**?

This fun game will help you remember many things you're grateful for. Grab a ball, invite your friends or family members and start playing!

I am grateful for...

A... Astrology
B... Bananas
C... Cookies
D... Dad
E... Easter
....



1. Stand in a circle or, if only two players, stand facing each other.
2. One player tosses a ball to another person and says something he/she is grateful for that starts with the letter "A".
3. Next, the ball is tossed to another person who says something he/she is grateful for that starts with the letter "B".
4. Continue tossing the ball until you go through the entire alphabet. And that includes the hard letters like Q and Z!

**THERE ARE SO MANY THINGS TO BE
GRATEFUL FOR!**

Name: _____ Date: _____

MY COMPLIMENTS TO MYSELF

I AM
GOOD
AT



I FEEL
GOOD
WHEN I

I AM A
GOOD FRIEND
BECAUSE



MOST PEOPLE
REALLY LIKE MY

I AM A
GOOD PERSON
BECAUSE

I AM
PROUD
OF

I KNOW
I AM LOVED
BECAUSE





Daily Self-Reflection

Date:

1. What is one thing you are most grateful for today?

2. What was your biggest highlight from today?

3. What was one challenge you experienced today?

4. What is at least one thing you learned from that challenge?

5. What is one goal you plan to accomplish tomorrow?



MY FEELINGS

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

Instructions:

- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.



Self-Care for Families

emotional <ul style="list-style-type: none"> __ watch a good movie __ write each other positive notes __ verbalize and talk about feelings __ draw self portraits __ Say "I love you" __ spend time writing __ have a sing-a-long __ tell jokes __ try a new craft 	physical <ul style="list-style-type: none"> __ dance party __ go for a walk __ family bike ride __ take a hike __ play kickball __ tag __ roller skating __ go to the pool __ jumprope __ kids yoga __ wii fit games 	spiritual <ul style="list-style-type: none"> __ a gratitude list __ go outside __ talk about forgiveness __ write thank you's __ volunteer __ spend time outside or with nature __ practice positive self-talk __ plant a tree
mental <ul style="list-style-type: none"> __ read together __ draw or write stories __ kids meditation __ find shapes in clouds __ practice belly breaths __ go on a walk to find new things __ make vision boards __ try Headspace for kids __ create mandalas __ make mindfulness jars __ play mind strength games like memory 	practical <ul style="list-style-type: none"> __ clean up __ declutter old toys __ assign chores __ make a grocery list together __ learn about money __ make a weekly budget check-in __ make a weekly cleaning check-in __ homework/study __ have a morning & night routine 	social <ul style="list-style-type: none"> __ play in the park __ call or visit relatives __ have family dinner __ play boardgames __ host a sleepover __ invite friends over __ plan a bbq __ join a team __ do a neighborhood food drive __ have talks about friendship and how to be a friend.

just stay curious

GRATITUDE scavenger hunt

SOMETHING IM GRATEFUL FOR.....

1. in nature
2. that makes a beautiful sound
3. that tastes good
4. that smells amazing
5. that has been hard for me
6. that I would like to share with others
7. that is older than me
8. that I recently discovered or learned
9. that shows a vibrant color
10. that has words on it
11. that makes me feel strong
12. that makes me laugh
13. that makes me cry
14. that represents my country or culture
15. that is someone I love (outside of my group)



MY SELF-CARE PLAN



Everyone has bad days. What counts is how we deal with those downer days. Will you perpetuate the negative spiral, or will you pick yourself back up again?

This worksheet is a tool kit for your worst days. Answer the questions now, and when you start feeling down, come back to these prompts to start feeling like yourself again.

1. *List 10 things you are grateful for in life:*
2. *Describe the perfect day of your dreams:*
3. *What one, realistic thing could you do for yourself today that captures the essence of your fantasy day?*
4. *What is the best compliment you've ever received? What has someone said to you that always makes you smile?*
5. *What was your favorite thing to do as a kid? How could you recreate that activity as an adult?*

Draw
2 Grey
Rock.

Draw
a tree

MOVE UP
FOUR

MAKE A
BROWN
PATH

Draw a
Blue Mtn.

Draw
Pink
Flowers

GIVE
A TITLE
TO
DRAWING

GO BACK
TWO
SPACES

Draw
White
Dandelions

YES! THEN STOP
DO YOU
FEEL
FINISHED?

NO! KEEP GOING

Start
Here:

IMAGINE
BEING
HERE!

Draw
Orange
Flowers

Draw
a blue
sky...

GO BACK
TWO
SPACES

Draw
a Pond..

Draw
a fir
tree...

Draw
brown
grasses.

Add
Purple
Flowers

Draw
Green
Grass

Draw a
Mountain

Add a
sun in
the sky!

Go back
Two
Spaces...

Draw
White
Clouds...

Draw a
tree...

Move
Ahead
Three
Spaces...

What scents do
you want to add?

Draw some
birds flying.

Draw a
Flower...

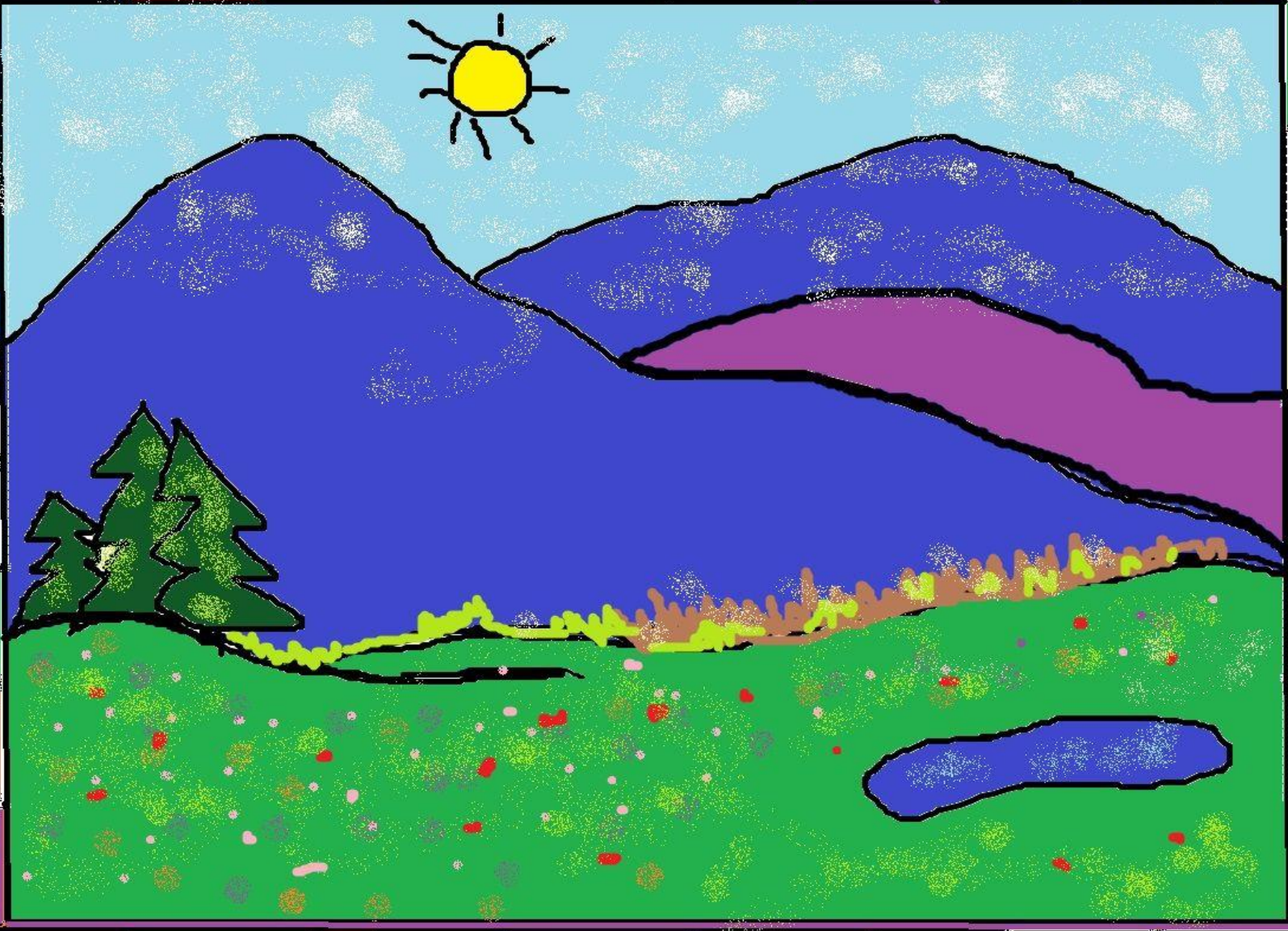
Move four

Draw a
bush...

Add 2
Bugs...

Draw
a Flower.

Close Your Eyes
and Imagine Being
in the Meadow.



GRATITUDE GAME

- Name a Person You are Thankful for
- Name a Place You are Thankful for
- Name a Food You are Thankful for
- Name a Thing You are Thankful for
- Name Anything of Your Choice

Teach Beside Me

The Gratitude Game

Teach Beside Me

Coping Skills

BINGO

Go for a Walk	Read	Get Away from the Problem	Talk to a Friend	Take 10 Deep Breaths
Exercise	Do Yoga	Take Care of Yourself	Paint	Focus on What You Can Control
Eat Healthy	Make a Playlist		Hang Out with Friends	Watch a Movie
Understand How You Feel	Sing	Use a Stress Ball	Draw	Write a Story or Poem
Get Help	Play a Game	Sleep Well	Make a List of Things You Like	Perform a Random Act of Kindness