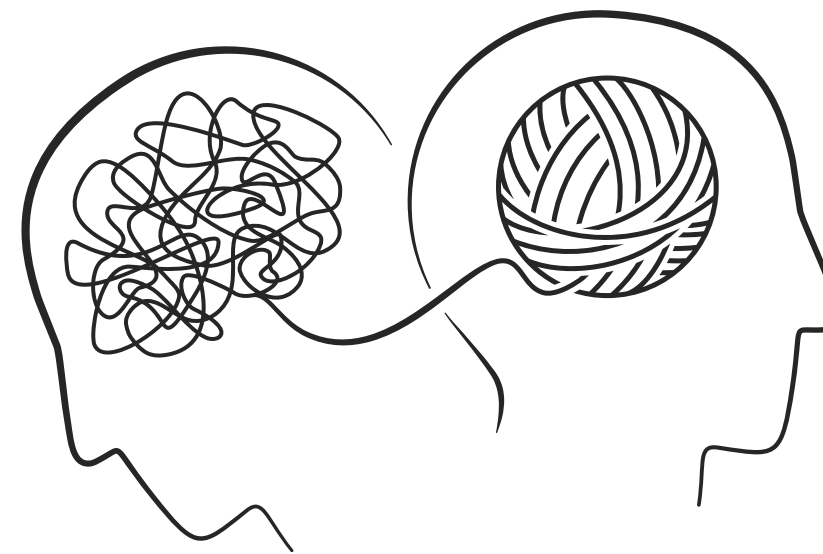


Mental Health

Teacher Tip Sheet



DISTRACTION

Sometimes taking your mind off the problem can help and creative activities can also help in expressing your emotions/ thoughts in a healthier way. Example: painting, writing, reading, etc.

OPPOSITE ACTION

Doing an action that is the opposite of what you are feeling can help change your mood and thoughts. Example: positive self-affirmation, watching a funny video, etc.

SELF-SOOTHING

You can ground or comfort yourself through using your 5 senses: sight, touch, sound, smell and taste

CRISIS PLAN

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

MINDFULNESS

Focusing on the present moment by using mindfulness can help reduce feelings of stress. Example: deep breathing, meditation, grounding, etc.

EMOTIONAL AWARENESS

Using tools to identify and express your feelings/thoughts can help you become more aware of how to help yourself. Example: journaling, identifying your emotions, art, etc.

HOW DO I ASK FOR SUPPORT?



PREPARE YOURSELF

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

WHO YOU TRUST

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

HAVE COURAGE

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

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www.youthspeak.ca

(905) 967 - 0604

office@youthspeak.ca



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