youthexperts with mindyourmind

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About

Thrive: One Province at a Time was co-created with a passionate group of youth from across Canada in an Online Design Lab. This book was created to inspire you to own your personal growth and work towards your goals

This book is a journey. As you work through each province you'll learn new skills and have more resources to support your mental health. You'll notice road signs along the way and each means something different for you to reflect or work on. Make **Thrive** your own and keep working towards all the things you want!

The content and layout of the book was conceptualized by our awesome Youth Team: Dakshina, Grace, Jenelle, McKinley, Myera, Nameerah and Zoya. Brush lettering by Dakshina!

Canadian Supports

Need Help Now?

Crisis Services Canada 1-833-456-4566 text 45645

Indigenous Crisis Line 1-855-242-3310 hopeforwellness.ca

Kids Help Phone 1-800-668-6868 kidshelpphone.ca text 686868

Bullying Canada call or text 1-877-352-4497 bullyingcanada.ca

mindyourmind.ca information about mental health and wellness

Be Safe free crisis safety planning app BeSafeApp.ca

Call 911 or go to your closest hospital emergency department

Asking for Help

Here are tips on what to say when you are calling 911 or a crisis line for help.

- I'm calling because I need help
- I need someone to talk to
- I'm struggling with an issue (describe it)
- I don't feel that I'm safe right now

Emergency Contacts

Counsellor

Therapist

Doctor

Social Worker

Shelter

Safe Space

People you can trust

British Columbia

Self-Reflection

To start this journey, it is important to take some time to reflect on your past and present self. In British Columbia, the journal prompts will help you to better understand your mind and learn from your past.

Younger Self

When starting a journey, it is important to reflect on your past. You can learn from mistakes and failures, to grow in the future. Let's take a moment to reflect before we begin this cross country road trip.

What advice would you give your younger self?

Colour the words that describe you right now:

Kind Funny Curious Intelligent Friendly
Confident Responsible Helpful Energetic
Ambitious Positive Honest Adventurous
Persuasive Calm Organized Creative
Determined Open-minded Talkative Mature
Patient Easygoing Tech Savvy Fun

Future Self

After reflecting on the past, we can use that information to help us get to where we want to go!

The future can feel far away, however what is happening right now in your life will impact what happens next.

What do you want your life to be like in 5 years?

What are some things you can do right now to help you achieve the life you want?

Colour the words that you would like to be in the future:

Kind Funny Curious Intelligent Friendly
Confident Responsible Helpful Energetic
Ambitious Positive Honest Adventurous
Persuasive Calm Organized Creative
Determined Open-minded Talkative Mature
Patient Easygoing Tech Savvy Fun

Yukon Territory

Goals

Working toward your dreams means breaking down the steps to get where you want to go. S.M.A.R.T. goals are meant to bring structure and success to your planning. Take a moment to consider the following. Are your goals: Specific? Measurable? Achievable? Relevant? Time-based?

Use the S.M.A.R.T. goals breakdown to help reach your own goals!

Short Term Goal

Creating short term goals can help you reach milestones on the path to a bigger goal, or the journey to bettering yourself. Create a goal for the next two months using S.M.A.R.T goals to plan.

Specific:

Measurable:

Achievable:

Relevant:

Time-based:

Long Term Goal

Setting long term goals can help you look forward and achieve bigger things!

Choose a long term goal and use the S.M.A.R.T. system to map them out.

Specific:

Measurable:

Achievable:

Relevant:

Time-based:

Wish List

Things I've always wanted to do:

Northwest Territories

Self-Improvement

Self-improvement is an ongoing process, and it's natural that you'll have areas with room for self growth. Everyone has something to work on! By being open and willing to make changes, there are always ways we can improve.

AK 1234
AK 1234

Mindset

Our mindset, what we think about life and how we fit into it, sets the tone for how we perceive things to be. How you were raised, the experiences you have had, if you have a mental illness or other diagnosis, and even who you spend time with, all affect our mindset.

Gratitude is a great way to help shift our mindsets! Even if it feels odd to express what you're thankful for, the benefits for our brains is amazing.

Practice Gratitude

Collect images of things you're grateful for and make a gratitude collage. Once it's done display it proudly!

Thank people who never get thanked like the bus driver, the custodian, the crossing guard, etc.

Keep a gratitude journal. Each day take a minute to write 2-3 things you are grateful for. It will become easier the more you do it.

Grateful Alphabet

Think of something you are thankful for, for each letter.

A	J	S
B	K	T
C	L	U
D	M	V
E	N	W
F	O	X
G	P	Y
H	Q	Z
I	R	

Reflect on...

Something good that happened last week...

Three good things that happened last month...

Take Joy in the Simple Things

1. Acknowledge nature by taking a walk. Enjoy the sensory experience of touching tree bark or grass.
2. Be thankful for the little things - like the sun or someone smiling as you pass them. Everything has value.
3. Search for ways to feel joy - embrace the things in your life that have made you happy: family, friends, hobbies, pets, food, music, etc.
4. Close your eyes for a minute and feel your heartbeat. There is nothing more real or honest in the world.
5. Dance just to feel your body move. Don't worry about how silly you look. Crank the music and have fun!

Saskatchewan

Wellness

Mental health is the most important thing to take care of! Nourishing our mind can happen in different ways, including physical and mental exercises like going for a walk or doing a puzzle. Other ways could include eating nourishing foods or taking prescribed medication for mental illness.

Celebrate Yourself

Get creative! Draw, doodle, write...

SLEEP LOG

Use this chart to help you track the amount of sleep you get. Look for any patterns or changes during the month.

Hours Slept

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	+
1																			
2																			
3																			
4																			
5																			
6																			
7																			
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Sleep Tip

Reduce exposure to the blue light of electronic devices before bed. This light can cause you to have a restless sleep.

Nunavut

Communication

Communication is one of the most important skills we use in our everyday lives. Whether you're communicating your needs, your feelings, or thoughts, it can be challenging to express yourself. A lot of us aren't sure how to communicate effectively and we struggle to say what we are wanting to.

"I" statements are a great way to express yourself when having difficult conversations. An "I" statement is simply stating how you feel about the particular situation: "I felt hurt when you told me I couldn't go. " "I" statements ensure that you aren't blaming someone else, rather expressing how you felt.

There are some different ways that we can communicate. Review the styles to learn more about how you communicate.

Passive

Passive communication means that you're not saying what you really want or mean. You put other people's feelings and wants before your own. How this looks is being emotionally dishonest, indirect, inhibited, self-denying, blaming or apologetic.

Passive Aggressive

Passive aggressive communicators only sort of say the things they want to. That means when they do express themselves, it's in a way that is not quite direct. We still see people being emotionally dishonest, indirect, and self denying at first. When you do speak up, it's typically later and is still not fully saying what you want.

Aggressive

Aggressive communication is typically felt like an attack by the person on the receiving end of our words. This means that you are inappropriately honest, direct, attacking, blaming, controlling, and can sound mean when expressing yourself.

Assertive

Assertive communication is the healthiest way to express yourself. It is appropriate, direct, expressive, self confident, and empathetic to the emotions of others.

The great news is that no matter what communication styles you have, you can work toward assertive communication.

What is your communication style?

What are things you can do to be an assertive communicator?

Grounding Technique

When you're anxious, try this to get you grounded and calm. Count backward in threes from 100, 97, 94, 91, ...

Manitoba

Relationships

Relationships are a major part of our lives; whether friendship or family, professional or romantic, we are all a part of them. Some relationships come easy and are healthy and fun, others are draining and dysfunctional. Although it hurts to have to end unhealthy relationships, sometimes that is the best choice to make. Not everyone is meant to be in our lives long term.

Relationships that make me feel happy...

Who makes me feel safe and why?

I express love by...

I feel loved when...

Myth

People who have a mental illness spend tons of time in the hospital.

Fact

Some do, but others get treatment and support in different ways and may never to go to the hospital

Relationships are give and take. Spend time with people who make you feel good and distance yourself from people who don't.

Sometimes we outgrow people. It's ok to move on.

The relationship you have with yourself is the most important one you'll have, so take good care of yourself.

It's okay to tell someone no; setting a boundary is a simple way to learn who is healthy to have in our lives.

Boundaries that I can create in relationships:

_____

_____

_____

_____

_____

Pit Stop

Shift your focus to the world around you. List:

5 things you can see: _____

4 things you can touch: _____

3 things you can hear: _____

2 things you can smell: _____

1 thing you can taste: _____

Tips on Dealing with Grief and Loss

Remember that everyone deals with grief differently; there is no right way to grieve. Do what's right for you.

Death is only one reason for grief. Any loss can lead to grief whether it's ending a friendship, moving away, etc.

Know that anger, anxiety, numbness, helplessness and sadness are all normal reactions to loss.

It's okay if you need to talk to a therapist or counsellor to support you with your loss.

Ontario

Community

The communities we are a part of enrich our lives and bring us a great deal of happiness. Canada is a multicultural country that is rich in diversity and beautiful cultures! Whether you're attending a Black Lives Matter event, learning about Indigenous cultures in Canada, or volunteering for causes that matter to you, try getting involved in diverse communities.

Tips for Being an Ally

It all starts with listening! When having a conversation, practice listening to understand rather than listening to respond with your own point of view.

Marginalized people have provided us with countless resources and information (via articles, books, podcasts, videos, infographics, etc.) to learn from.

Many toxic messages have been passed on through generations in our families, but it is our responsibility to learn and do better moving forward. Reflect regularly on the values and beliefs you hold that may need to be challenged in order to be a better ally.

Conversations with friends and family are a great way to be an ally. Oppressed communities need those of us with more privilege to share the load by doing the work in our social circles to correct harmful messages and provide accurate and supportive info!

If you feel uncomfortable when thinking of an oppressed community, take time to learn about them! Understanding each others' humanity is a way to tilt towards those who need our help!

Volunteering

Not sure where you want to volunteer? Think about your interests and go from there. If you like animals, volunteer at an animal shelter.

If you're nervous to volunteer on your own, get a friend to join you!

Do you have an idea that would make your community better? Apply for a community grant and make your project come to life!

Don't know what you're doing? Don't be afraid to ask - it's normal to be unsure when you start something new.

If you can, try to get more than 40 volunteering hours. It looks great on job and post-secondary applications.

Myth

People with mental illnesses are violent and unpredictable.

Fact

Statistically, people living with mental illness are more likely to be victims of violence.

Helping a Friend

Talk to your friend if you are worried about their behaviour. It's better for both of you to discuss it.

If a struggling friend is taking up a lot of your time, help them identify others they can call for backup. Make sure you have time for YOU, to do things you love.

Sometimes you need your own support when helping a friend. Make a list of 2-3 adults you could turn to for advice and support.

Both you and your friend can download the Be Safe app and you will both be prepared in case of a crisis (go to besafeapp.ca).

Québec

Balance

Creating a balance in your life may always be a work in progress; however, it's the one sure way to get the rest and downtime you need and deserve.

take 5 deep breaths	journal	go for a walk	read a book
make a tea	go outside	listen to music	make a safety plan
doodle	complete a goal	make a thankful list	make alone time
take a nap	meditate	laugh	drink water

Mood Tracker

Colour in the key at the bottom and then colour in the days of the month with the corresponding feeling. Notice any patterns or changes during the month?

Fear	Happy	Disgust	Surprise	Sad	Angry
humiliated	proud	awful	confused	lonely	frustrated
anxious	hopeful	disappointed	eager	depressed	jealous
stressed	inspired	hesitant	dismayed	ignored	aggressive

Tips on Stress

Ongoing stress can impact your health. It's important to think ahead about ways to cope.

Understanding how you think, feel and react to different levels of stress can help you manage it more effectively.

Time management with your assignments and deadlines can help you feel better prepared.

Stress is a part of life. Think of a situation when stress helped you:

Social Media

Social media is a part of our lives in varying degrees. As much as we enjoy all of the diversity out there in the online world, like everything in life, creating a balance is essential.

If you ever find yourself in an argument with an internet "troll", find safe and healthy ways to respond or don't respond at all. Try tracking how much time you spend on social media. You might learn something new about yourself. Let everyone express themselves without comparing yourself to their "highlight reel". Be you!

Schedule social media time - set a start and end time and stick to it.

Rectangle Breathing

When you're anxious, try this technique:

Find a rectangle in the room (door, window, piece of paper, etc.) and follow each side of it as you breathe.

- Breathe in slowly through your nose, count to 4
- Hold in, count to 2
- Breathe out slowly through your mouth, count to 4
- Hold, count to 2

Repeat until you are feeling grounded and calm.

Social Media Challenge

Pick your favourite social media platform:

Day 1 Post your favourite inspirational quote.

Day 2 Log out of your account and take a break for the day.

Day 3 Post a picture of your favourite place and tell people why you like it so much.

Day 4 Share about a company or campaign doing great things in your community.

Day 5 Make a video about how this social media challenge has impacted you. Encourage others to try it too!

How was the challenge? What was the hardest day?

What was the easiest post? Why was it easy for you?

Nova Scotia

Budgeting

A budget is about tracking how much money you've got coming in vs. how much is going out. Building a budget means figuring out what your needs are, what you owe and what goals you have in the long and short term.

Income

How much money is coming in every month (pay cheque, allowance, etc.)

Total income $

Expenses

My needs: (rent, medical, food, recreation, etc.)

I owe: (loans, car payment, tuition, etc.)

Total expenses $

My financial pressures: (debt, dependents, overdue bills, etc.)

How I'm managing expenses: (payment plans, extra job, etc.)

Short Term Goals

(new shirt, dinner out next week, paying hydro bill, etc.)

How? (packing a lunch, smoke less, tax return, etc.)

Long Term Goals

(buying a car, getting an apartment, travel, etc.)

How ? (pick up extra shift at work, take a break from going out, etc.)

New Brunswick

Self Care

Taking care of yourself is your number one priority and there are many ways you can do it! Whether going to therapy, having a walk, taking your medication, saying no when needed, or going to bed early, even with little or no money, we can always do something for ourselves.

Sometimes it can be hard to take care of ourselves. What are some areas where you struggle to take proper care of yourself and why?

Who are your support people? Is there anyone you can add?

How do you feel about asking for help and why?

Make a list of ways you can take care of yourself and make sure to include professional support people as well as other things!

Mood Tracker

Colour in the key at the bottom and then colour in the days of the month with the corresponding feeling. Notice any patterns or changes during the month?

Fear	Happy	Disgust	Surprise	Sad	Angry
humiliated	proud	awful	confused	lonely	frustrated
anxious	hopeful	disappointed	eager	depressed	jealous
stressed	inspired	hesitant	dismayed	ignored	aggressive

Be Safe App

This app will help you make decisions about seeking help in a crisis for yourself or a friend.

BeSafeApp.ca

This app helps you:

- Create a safety plan
- Find local resources for support
- Be prepared if you find yourself in a crisis

Free download on iOS and Android.

Prince Edward Island

Reflection

You have reached the end of your journey. On Prince Edward Island, take some time to reflect on what you've learned in this journal and how you've grown. Personal growth and healing are ongoing things. It's normal to need to seek out help along the way and to know that you are going to evolve and change as you get older, and that's the point! Creating a life that feels good takes time and the willingness to change is attainable with consistency and hard work.

What were some of the more challenging items to work through?

What did you learn about yourself and how are you going to use that information to help your growth and healing?

Have your long term goals changed at all? Why or why not? Have you adopted any new strategies to help you achieve them?

What advice would you give yourself now that you've worked through Thrive?

Star Breathing

When you're anxious, try this technique:

Stretch your hand out like a star. With your other hand, trace around your fingers, starting at the bottom of your thumb, pausing at the top, and then sliding down the other side of each finger.

While you're doing this, breathe in as you're going up, and breathe out as you go down.

Repeat until you're feeling calm and grounded.

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