

MENTAL HEALTH ACTIVITY WORKBOOK

YOUth Matter



CCMHS
CANADIAN CENTRE FOR
MENTAL HEALTH AND SPORT

Canadian Centre for Mental Health and Sport

"Where performance meets mental health"

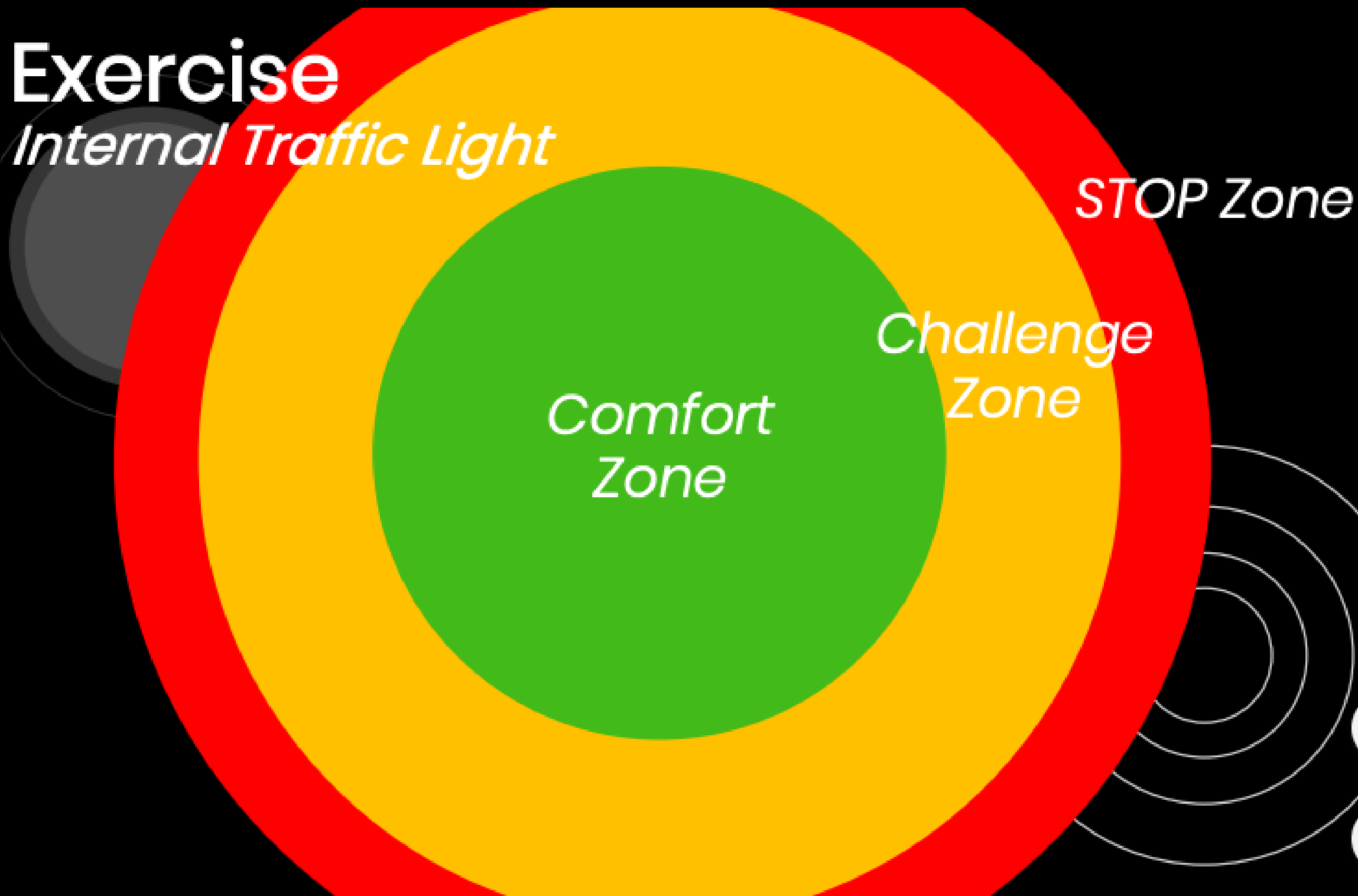
ACTIVITY 1

Let's Plank

Building Awareness

COMFORT ZONE

INTERNAL TRAFFIC LIGHT



Our Emotions and Physical Sensations are Like a Traffic Light System

Green Light: The Comfort Zone

- This is often what feels most comfortable. We feel safe and secure.

Yellow Light: The Challenge Zone

- This is where we start to feel uneasy. We are forced to step out of our comfort zone. We have to challenge ourselves both emotionally and physically. This can feel uncomfortable. At times, we may resist entering the yellow zone. Growth often occurs in the challenge zone.

Red Light: The STOP Zone

- This zone signals us that we are too far outside of our comfort zone. We may experience high emotions or physical sensations here. This can feel like we are in "danger." Entering this zone may signal that we need to cope or take a break.

Instructions: Hold a Plank for 1-2 Minutes

Ask yourself during the plank:

- What is my body doing?
- How am I feeling?
- What am I saying to myself?
- What am I focusing on?
- What color zone am I in: Red, Yellow, or Green?

Why is this important?

- Often, we are in tune with these changes in our body, but give less attention to the colour switches of our thoughts and feelings; which makes it much easier to jump, unexpectedly from green to red and not know how to acknowledge, accept, and manage the things that come up when we're yellow.
- All of these zones are fine and normal and have different purposes; they signal to us what is important and what needs attention.
- However, without continued awareness of these zones and our movement through them, it is really hard to manage our experiences within them.
- With good awareness we can start to learn how to recognize, acknowledge, accept and work within each zone, and even return to the zone that is more helpful to us in a given situation

ACTIVITY 2

How Am I Doing?

Self Check-In

HOW AM I DOING?

SELF CHECK IN

Ask Yourself...

What am I feeling?

What am I thinking about?

How am I behaving?

Has anything changed?

What is going on in my life?

How long have things been like this?

Do I feel like something is going to change?

Do I need help?

Who can I turn to for help?



How is my mood?



How are my thoughts and attitude?



How are my behaviours?



Have I noticed any physical changes?

Any Changes?

- Sleep Hygiene
- Appetite
- Mood
- Substance Use
- Thoughts
- Emotions
- Behaviours

How to Use this Tool



Check in Daily: What is my color?



Maintain: A balanced lifestyle



Connect: With your support system



Reach Out: When you need help



Source: Mental Health Commission of Canada & R2MR

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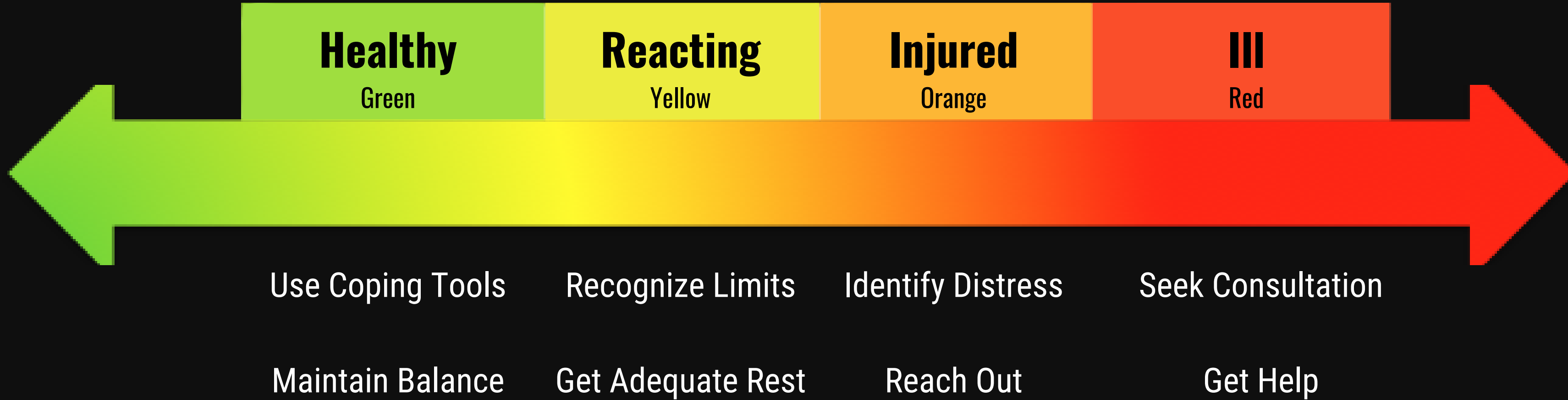
HOW AM I DOING?

SELF CHECK-IN

Signs & Symptoms

Mental Health Continuum Self-Check				
	Healthy	Reacting	Injured	III
Changes in Mood	Normal mood fluctuations Calm Confident	Irritable Impatient Nervous Sadness	Angry Anxious Pervasive sadness	Easily enraged Excessive anxiety/panic Depressed mood, numb
Changes in Thinking and Attitude	Good sense of humor Takes things in stride Ability to concentrate and focus on tasks	Displaced sarcasm Intrusive thoughts Sometimes distracted or loss of focus on tasks	Negative attitude Recurrent intrusive thoughts Constantly distracted or cannot focus on tasks	Noncompliant Suicidal thoughts/intent Inability to concentrate, loss of memory or cognitive abilities
Changes in Behaviour and Performance	Physically and socially active Present Performing well	Decreased activity/socializing Present but distracted Procrastination	Avoidance Tardiness Decreased performance	Withdrawal Absenteeism Can't perform duties/tasks
Physical Changes	Normal sleep patterns Good appetite Feeling energetic Maintaining a stable weight	Trouble sleeping Changes in eating patterns Some lack of energy Some weight gain or loss	Restless sleep Loss of appetite Some tiredness or fatigue Fluctuations or changes in weight	Cannot fall/stay asleep No appetite Constant and prolonged fatigue or exhaustion Extreme weight gain or loss
Changes in Addictive Behaviours	Limited alcohol consumption, no binge drinking Limited/no addictive behaviours No trouble/impact due to substance use	Regular to frequent alcohol consumption, limited binge drinking Some to regular addictive behaviours Limited to some trouble/impact due to substance use	Frequent alcohol consumption, binge drinking Struggle to control addictive behaviours Increasing trouble/impact due to substance use	Regular to frequent binge drinking Addiction Significant trouble/impact due to substance use

Where Am I on the Continuum?



HOW AM I DOING?

SELF CHECK-IN

Actions to Take at Each Phase of the Continuum

HEALTHY Green	REACTING Yellow	INJURED Orange	ILL Red
Focus on the task at hand	Recognize limits	Identify signs of stress	Seek professional consultation
Break problems into manageable chunks	Get adequate rest, food and exercise	Reach out	Follow health care provider recommendations
Identify and nurture support systems	Engage in healthy coping strategies	Seek help	Regain physical and mental health
Maintain a healthy lifestyle	Identify and minimize stressors	Seek social support instead of withdrawing	Get crisis support as needed

Implementing the Continuum



Athletes: Complete a "color" check-in with yourself and teammates



Coaches: Complete a "color" check-in with athletes and fellow coaches



Administrators: Complete a "color" check regularly with staff

ACTIVITY 3

5 Ways to Well-Being

Building Resiliency

5 WAYS TO WELL-BEING

Research has shown that there are 5 things you can integrate into your daily life to build resilience, boost your well-being, and lower your risk of developing mental health problems. These strategies are known internationally as the Five Ways to Well-Being.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Feeling close to and valued by others is a fundamental human need, and is critical to boosting overall well-being.



Engaging in regular physical activity has been associated with an increase in mood and lower levels of stress, anxiety and depression.



Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.



Curiosity and seeking out new experiences positively stimulates the brain.



Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction, and overall wellbeing.

5 WAYS TO WELL-BEING

CONNECT



Strengthening the quality of your relationships with others can:

- Help you to build a sense of belonging and self-worth
- Give you an opportunity to share positive experiences
- Provides emotional support and allow you the opportunity to support others

BE ACTIVE



Being consistently active can:

- Raise your overall self-esteem
- Help you practice goal setting and increase overall motivation
- Cause chemical changes in your brain that can help to positively shift your mood

TAKE NOTICE



Reminding yourself to "take notice" can:

- Help to strengthen and broaden awareness
- Enhance overall self-understanding (including values and motivations)
- Assist in strengthening and affirming our priorities

KEEP LEARNING



Reminding yourself to "take notice" can:

- Help to strengthen and broaden awareness
- Enhance overall self-understanding (including values and motivations)
- Assist in strengthening and affirming our priorities

GIVE



Reminding yourself to "take notice" can:

- Help to strengthen and broaden awareness
- Enhance overall self-understanding (including values and motivations)
- Assist in strengthening and affirming our priorities

5 WAYS TO WELL-BEING



I will **Connect** by:



I will **Be Active** by:



I will **Take Notice** by:



I will **Keep Learning** by:



I will **Give** by:

ACTIVITY 4

My Self-Care Plan

Learning to Cope

SELF-CARE PLANNING

Self-Care: The practice of taking an active role in preserving or improving one's health and well-being through lifestyle design and daily choices

Examining your own habits is an important first step in developing a self-care plan. How do you typically deal with life's demands? Can you identify when you need to take a break? When faced with challenges, we can use either positive coping strategies or negative coping strategies. Below are a few examples of each. Which strategies do you use?

Helpful Coping Strategies

- Deep breathing
- Stretching
- Meditation
- Listening to music
- Going for a walk
- Reading
- Taking a bath
- Socializing with friends
- Engaging in a hobby
- Being in nature

Harmful Coping Strategies

- Yelling
- Acting aggressively
- Overeating / skipping meals
- Drinking alcohol
- Procrastinating
- Scrolling through social media
- Avoiding the situation/person
- Biting fingernails
- Using drugs or smoking
- Withdrawing from friends/family

MY SELF-CARE NEEDS

We are all faced with unique challenges and require different self-care strategies.

The next two activities ask you to take a moment to consider what you value and need in your everyday life (daily self-care needs) and what you value and need in the event of a mental health crisis (emergency self-care needs).

As you work through these exercises, remember that self-care extends far beyond your basic physical needs: consider your psychological, emotional, spiritual, social, financial, and academic well-being.



DAILY SELF-CARE PLANNING

MIND

(e.g., disconnect from electronic devices, journaling, make a budget, make a to-do list, seeking support from a counsellor, working on my mental game, make my bed every morning)

What I currently do:

Practices to try:

BODY

(e.g., eat regular and healthy meals, good sleep hygiene, go to the doctor/physiotherapist regularly, stretch after practice/competition, cross train, stay hydrated)

What I currently do:

Practices to try:

EMOTIONS

(e.g., celebrate my “wins”, use positive affirmations, avoid social media, acknowledge my emotions through journaling, engage in activities that bring me joy)

What I currently do:

Practices to try:

SOCIAL/SPIRIT

(e.g., spend time with family, ask for support from friends/family, cultivate relationships outside of sport, regular check-ins with a teammate or coach)

What I currently do:

Practices to try:

SCHOOL

(e.g., make a study schedule, use a calendar, do school work in a quiet space, take mental breaks, study in a group, engage in school community, seek extra help from my teachers)

What I currently do:

Practices to try:

SPORT

(e.g., pre-game meal, visualize success, listen to pump-up music, take a nap, spend time alone, spend time with teammates, review plays/gameplan)

What I currently do:

Practices to try:

EMERGENCY SELF-CARE

When you are faced with a crisis, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it. Try completing the following table to help identify your unique self-care needs during times of distress.

Self-Care Tool	Helpful (what to do)	Harmful (what to avoid)
<p>Relaxation/Staying Calm</p> <p>Which activities help you relax? Which activities make you more irritated or frustrated?</p>		
<p>Self-Talk</p> <p>Helpful self-talk may include "I am capable" / "I can do this". Harmful self-talk may include "I can't handle this" / I deserve this".</p>		
<p>Social Support</p> <p>Who can you reach out to for support?Are there people you should avoid during times of distress?</p>		
<p>Mood / Emotions</p> <p>Which activities uplift your mood (e.g., watching a comedian)? What should you avoid when you're feeling down (e.g., staying in bed, going to parties)</p>		