

MENTAL HEALTH & SELF-CARE

2

COPIING WITH STRESS

Stress is caused by lots of things: change, workload, or just life! It can be a good warning sign that you might not be in a healthy situation. Other times, it can be just too much to handle.

SELF-CARE

Feeling overwhelmed and stressed out can be a lot to deal with. Learning how to manage and cope with it is essential!

Practicing good self-care is a great way to relieve stress!

Need more information - check out women.novascotia.ca/g4g or legalinfo.org/g4g.

Self-care is about doing what you need to do to take care of yourself and is essential in stressful situations. Not everyone's self-care is going to look the same. Alone time, exercise, listening to music, and meditation are all good ways to practice self-care.

Here are some ways you can practice self-care:

- ♥ dancing
- ♥ creating art
- ♥ hanging out with pets
- ♥ journaling
- ♥ talking with a trusted person
- ♥ screaming into a pillow
- ♥ walking in nature



Sometimes, it's good to be alone. Negative feelings can drag us down, and sometimes we need time and space to deal with them. We all have different moods at different times and different ways to handle them. This is normal!



TIME MANAGEMENT IS ESSENTIAL TO HELP MANAGE STRESS. IT'S A TOOL TO PREVENT YOU FROM GETTING OVERWHELMED. USE A JOURNAL TO MANAGE YOUR TIME OR TRY SOME APPS ON YOUR PHONE! DON'T FORGET TO SCHEDULE BREAKS BETWEEN THINGS TO HELP RESET YOUR MIND AND GET READY FOR YOUR NEXT TASK!

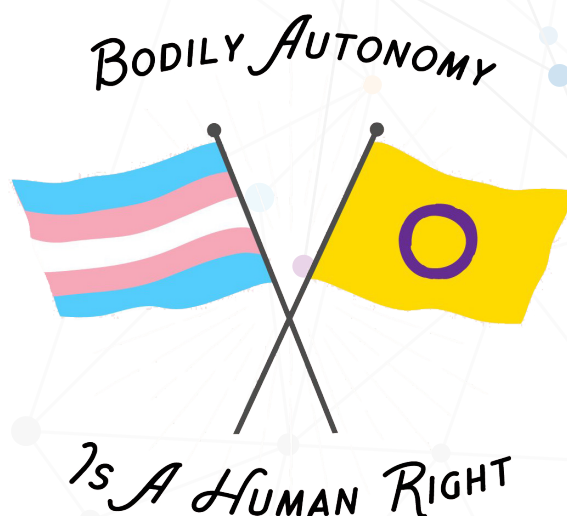


An important part of self-care is being true to yourself. Pretending to be someone you are not is stressful and harmful. It can cause a lot of mixed feelings inside, that can hurt you and others in the long run.

WHAT IS GENDER?

Gender is how you feel on the inside. It is a spectrum! Some people confuse gender with biological sex. Biological sex is what you were born with - male, female, or intersex (neither male nor female) reproductive parts.

- ♥ **Gender Expression** - how you present and represent your gender to the world.
- ♥ **Gender Identity** - how you feel about your gender on the inside.
- ♥ **Transgender** - A gender identity or gender expression that is different from the biological sex assigned at birth.
- ♥ **Gender Fluid** - A gender identity that isn't fixed.
- ♥ **Gender Non-Conforming** - When a person expresses their gender differently than how society would typically perceive their gender.
- ♥ **Non-Binary (NB or Enby)** - A gender that is neither boy/man nor girl/woman.
- ♥ **Genderbread person** - www.genderbread.org



PRONOUNS

Pronouns are a word that refers to a person. Pronouns can be deeply personal. Using someone's proper pronouns shows that you care about them, and respect them. These are common pronouns:

♥ **He/Him/His**

♥ **She/Her/Hers**

♥ **They/Them/Theirs**

But there are more! Don't hesitate to introduce yourself with your pronouns - or ask someone their pronouns.

The Youth Project is a youth-led organization dedicated to supporting youth and their families around sexual orientation and gender identity issues throughout Nova Scotia. They provide a variety of programs and services designed to ensure that you feel supported in your identity. For more info, go to www.youthproject.ns.ca.



DON'T BE AFRAID TO ASK FOR HELP!

Asking for help should be the most natural thing we can do. Everyone has needed to ask for help before, but sometimes, asking for help can feel overwhelming. Find a safe, trusted person in your life to ask for help when you need it. Make notes, and practice if it feels a bit overwhelming.



FEELING OVERWHELMED AND PANICKING? COUNT AND NAME EVERYTHING WHERE YOU ARE. "1 CLOCK. 1 MIRROR. 1 BED. 2 PILLOWS...." THIS HELPS TO DISTRACT YOUR THINKING PROCESS SO YOU CAN REFOCUS IN THE MOMENT!

- ♥ Mental Halifax and Wellbeing Nova Scotia - novascotia.ca/mental-health-and-wellbeing
- ♥ Provincial Mental Health Crisis Line - 1-888-429-8167
- ♥ Mindwell-U - app.mindwellu.com/novascotia
- ♥ Wellness Together Canada/Espace mieux-être canada - wellnesstogether.ca
- ♥ Réseau-Santé Nouvelle-Écosse (RSNÉ) - reseausantene.ca/

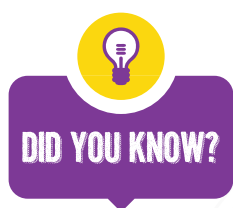


SLEEP

We need to get 8-10 hours of sleep each night. It is said that some teenagers need more than 10 hours of sleep each night!

TIPS TO GET A GOOD NIGHT SLEEP:

- ♥ turn off all your devices 30 minutes to an hour before bedtime.
- ♥ try some ambient music or noise - how about some ASMR?
- ♥ meditate
- ♥ journaling
- ♥ avoid certain foods, like sugary candy and caffeine close to bedtime.



THERE ARE A TON OF APPS OUT THERE THAT WILL HELP YOU TRACK AND MONITOR YOUR SLEEP. SOME PHONES COME WITH THESE APPS BUILT-IN!

USING AN APP TO TRACK HOW YOU SLEEP CAN BE A GREAT TOOL TO HELP YOU IDENTIFY PROBLEMS WITH YOUR SLEEP PATTERNS!

UNDER CONTROL?

Sometimes, making healthy decisions is difficult, especially when we are under a lot of pressure and feel overwhelmed.

Harmful activities to cope with stress often make you forget about things or feel in control but don't help solve problems. Harmful actions - like drinking, using drugs or smoking - are not the best way to cope with stress.

Kids Help Phone 

If you need someone to talk to, you can call the Kids Help Phone **1-800-668-6868** or text **CONNECT** to **686868**

Making healthy choices is essential for you today and for your future.

You must be informed and free to decide for yourself: Life will offer situations where choices seem unavoidable or impossible, but you can do it. Only you can make healthy choices for yourself - and no one else!

- ☐ *Do you or someone you know use drugs, alcohol or smoke to reduce stress?*
- ☐ *Do you know someone who might be harming themselves?*
- ☐ *Do you know someone who has negative eating habits to deal with stress?*
- ☐ *Are you or someone you know using drugs, alcohol or smoking to stop feeling hurt or to hurt other people?*
- ☐ *Does your family member(s) have problems as a result of drugs, alcohol or smoking?*
- ☐ *Does drinking alcohol, using drugs, or smoking make it hard to focus in school, at work, or play?*
- ☐ *Have you or a friend ever had a complete loss of memory after drinking or taking drugs?*

If you've answered **YES** to any of these questions, you might want to talk to a safe and trusted adult to get help.

- ♥ Al-Anon: Help for families and friends of alcoholics - al-anonmaritimes.ca
- ♥ Kids Help Phone - kidshelpphone.ca
- ♥ IWK Mental Health and Addiction Services - www.iwk.nshealth.ca/mental-health/overview-mental-health-and-addiction-services
- ♥ Native Alcohol and Drug Abuse Counselling Association of Nova Scotia - nadaca.ca
- ♥ Nova Scotia Mental Health and Well Being - novascotia.ca/mental-health-and-wellbeing
- ♥ Wellness Together Canada/Espace mieux-être canada - wellnesstogether.ca
- ♥ Réseau-Santé Nouvelle-Écosse (RSNÉ) - <https://reseausantene.ca/>



CALL 9-1-1 RIGHT AWAY IF YOU THINK A FRIEND OR FAMILY MEMBER HAS OVERDOSED ON ALCOHOL OR OTHER DRUGS. YOU MIGHT SAVE THEIR LIFE!

