

MAKE A SELF-CARE JAR



5-15 minutes



30 minutes



60 minutes



120 minutes

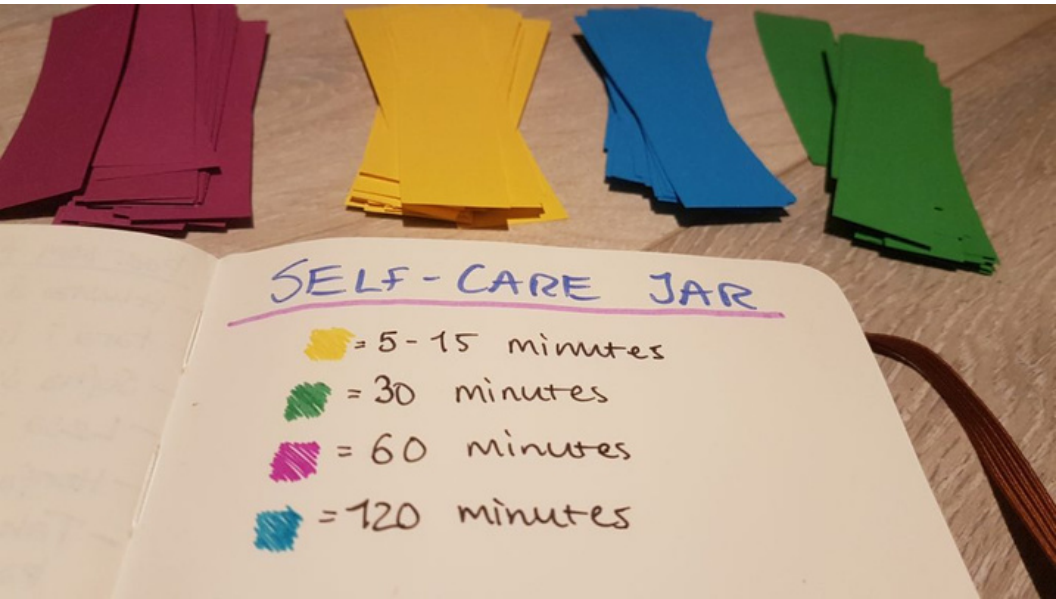
1. Brainstorm a list of self-care ideas

Make sure to include personal, physical, emotional, social, spiritual, and professional ideas.

2. Write the ideas out on colourful paper or craft sticks and put them in a jar

3. When you need some self-care, pick something from a category you have enough time for

SOME SELF-CARE IDEAS



5-15 minutes

Have a shower
Dance
Eat a snack

Play with your pet
Practice gratitude
Make your bed

30 minutes

Read a book
Start that assignment
you've been putting off

Watch a tv show
Have a bath
Take a nap

60 minutes

Cook a meal
Call a friend
Play a game

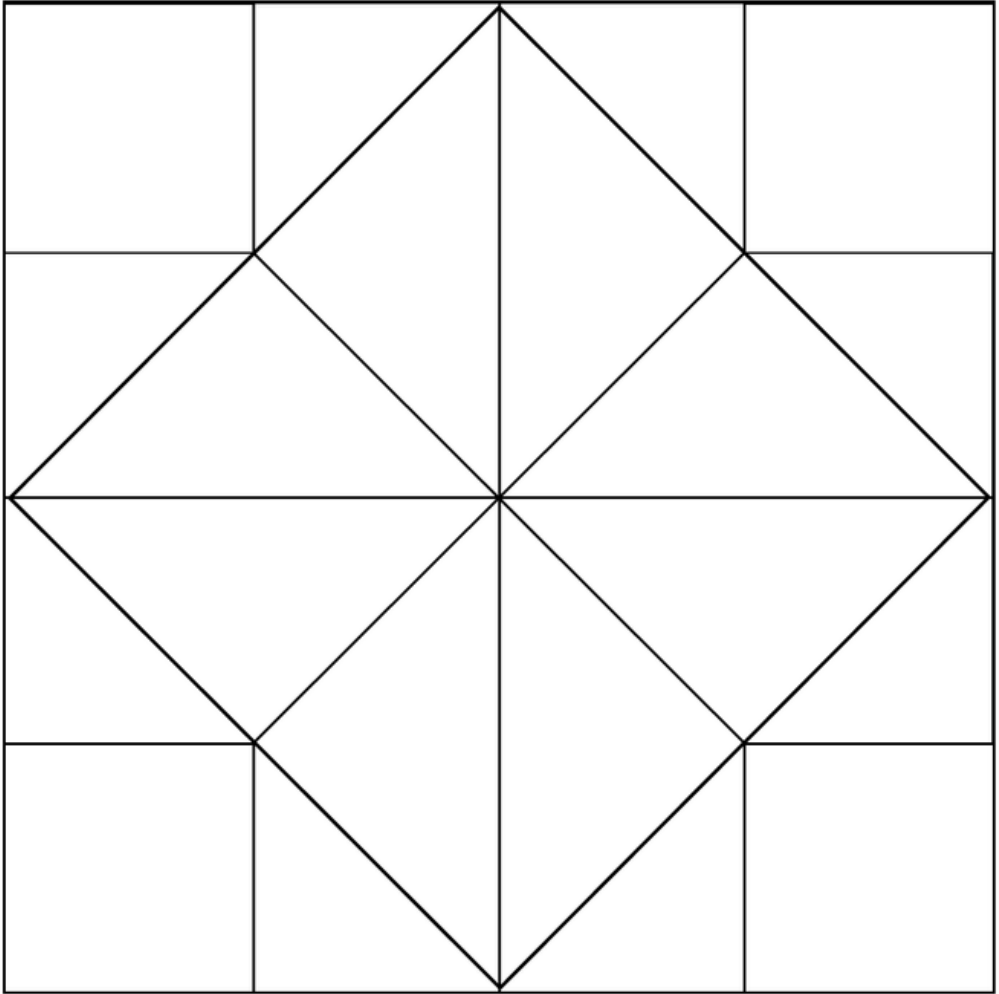
Study for a test
Do something creative
Clean your room

120 minutes

Watch a movie
Go for coffee
Try geocaching

Make up a scavenger
hunt
Pick a few from yellow
and green

Coping Fortune Teller



1. Colour in all the squares
2. Write down your ideas for coping in the inner squares
3. Cut out your fortune teller
4. Fold your fortune teller (there are videos on YouTube if you don't know how!)

Some Ideas for Coping:

Square breathing

Talk to someone

Write it out

Find things for each of your senses

Exercise

Have a shower

Watch a funny video

Colour

Reach Out for Support



Kid Help Phone 800-668-6868

Live chat www.kidshelpphone.ca

Kids Help Phone is a Canadian charitable organization that provides 24/7 free confidential professional online and telephone counselling and volunteer-led, text-based support in English and French to youth across Canada.



Mental Health Helpline 866-531-2600

Live chat www.mentalhealthhelpline.ca

The Mental Health Helpline provides access to addiction, mental health, and problem gambling services in Ontario 24/7.



Togetherall.com



Bounceback.ca



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

Cmhaww.ca



Mindyourmind.ca



Wellness &
Emotional
Support
for youth online

Wesforyouthonline.ca



Access to Child and Youth
Mental Health Services

Tuesday: 12pm – 6:30pm at Lutherwood, 35 Dickson St, Cambridge

Wednesday: 12pm – 6:30pm at Front Door, 1770 King Street E., Kitchener

Thursday: 9am – 3:30pm at Langa, 1145 Concession Rd., Cambridge

Saturday*: 9am – 3:30pm at Front Door, 1770 King Street E., Kitchener

***Currently, sessions are available by phone or video five days a week (Mondays, Tuesdays, Wednesdays, Thursdays, Saturdays) by appointment only. Please call to book. ***

www.frontdoormentalhealth.ca

519-749-2932