



Coping Skills Tool Kit



Mental Health Awareness Week

Students in the English Montreal School Board shared coping strategies that helped them be resilient during challenging times as a part of the Mental Health Awareness week.

RELAX

Taking time for yourself

- GET ENOUGH SLEEP
- READ A BOOK
- UNWIND BEFORE BED
- STRESS BALL
- LYING DOWN
- DRINKING TEA
- GAMING
- WATCH NETFLIX
- ASMR VIDEOS



SOCIAL SUPPORT

Leaning on others for support

- SCHEDULING A VIRTUAL HANG OUT WITH FRIENDS
- CONNECTING WITH LOVED ONES
- CALL A FRIEND
- CUDDLE YOUR PET



EXERCISE

Getting your body moving through physical activity

- DANCING
- WALKING
- RUNNING
- YOGA
- STRETCHING
- BIKING
- KICKBOXING



CREATE

Using your mind to be creative

- CREATING ART
- MANDALAS
- DRAWING
- WRITING
- DOODLING
- PLAYING AN INSTRUMENT
- THOUGHT JOURNALS



NUTRITION

keeping your body nourished

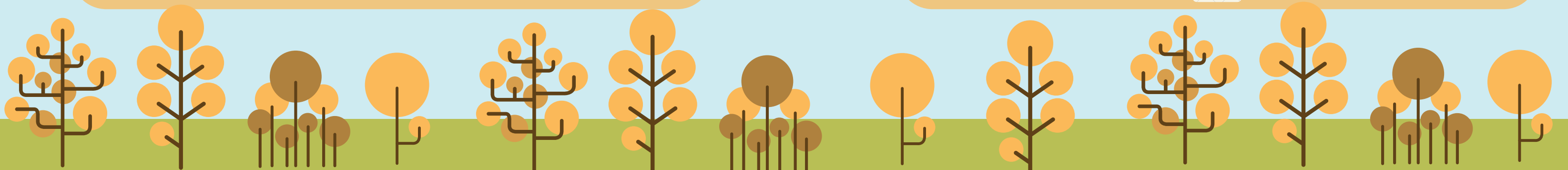
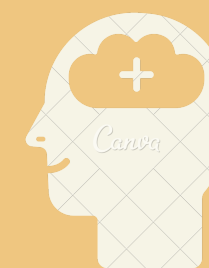
- EAT HEALTHY
- DRINK WATER
- LEAVE ROOM FOR GOODIES



POSITIVE MIND

Taking care of your mind and being kind to yourself

- DEEP BREATHING
- MEDITATION
- YOGA
- LAUGH
- SMILE
- BELIEVE IN YOURSELF
- BE CONFIDENT



More Resources

Kids Help Phone

www.kidshelpphone.ca

Ami Quebec

www.amiquebec.org

Mental Health Resource

Centre

www.mhrc.emsb.qc.ca

Thank you to...

LINKS High School

Lauren Hill Academy

John F. Kennedy

James Lyng

Royal West Academy

Vincent Massey

Collegiate

Lester B. Pearson High School