



SOCIAL SUPPORT

- HANG OUT WITH FRIENDS
- SURROUND YOURSELF WITH LOVED ONES
- CALL A FRIEND
- CUDDLE YOUR PET



- get enough sleep
- read a book
- stress ball
- lying down
- drinking tea
- gaming
- unwinding before bed
- take a bubble bath or shower
- watch netflix
- popping bubble wrap
- ASMR videos



Taking time for yourself, and surrounding yourself with social support is important in times of stress

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
For sharing your coping strategies

More Resources

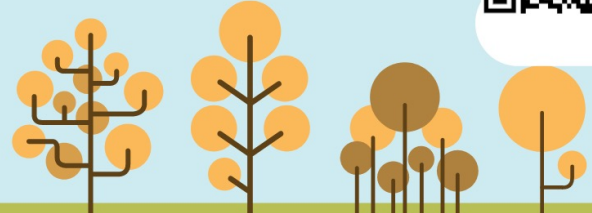
Kids Help Phone
www.kidshelpphone.ca



Ami Quebec
www.amiquebec.org



Mental Health Resource Centre
www.mhrc.emsb.qc.ca



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.

EXERCISE
Getting your body moving through physical activity



CREATE
Using your mind to be creative



SUPPORT
Leaning on others for support



RELAX
Taking time for yourself



POSITIVE MIND
Taking care of your mind and being kind to yourself



NUTRITION
keeping your body nourished



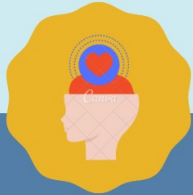

FEED YOUR BODY FEED YOUR MIND

Not only is it important to feed our bodies, we also need to make sure our minds are well taken care of



NUTRITION

- EATING HEALTHY
- DRINKING WATER
- LEAVING ROOM FOR GOODIES



POSITIVE MIND

MINDFULNESS POSITIVITY

- deep breathing
- meditation
- yoga
- laugh
- smile
- believe in yourself
- be confident



BE CREATIVE!

- 1 CREATING ART
- 2 MANDALAS
- 3 DRAWING
- 4 WRITING
- 5 DOODLING
- 6 PLAYING AN INSTRUMENT
- 7 THOUGHT JOURNALS



Using your brain to do something creative keeps your brain occupied and can help you relax!

EXERCISE

EXERCISE



Physical activity helps keep your body and mind healthy

- 1 DANCING
- 2 SPORTS
- 3 WALKING
- 4 RUNNING
- 5 YOGA
- 6 STRETCHING
- 7 BIKING
- 8 KICKBOXING CLASS

