











My Mental Health Cues

This activity is meant to help you recognize when it's time to care for your mental health and reach out for support. It includes examples of ways you might think, feel, and act when your mental health is good vs. when it isn't, and some strategies that may support your mental health. Note the examples that fit for you and feel free to add ideas that are uniquely your own. Everyone's cues and strategies are different!

When my mental health is good...	When I'm struggling with my mental health...	My go-to strategies for good mental health...
<p>I think... </p> <p>Example:</p> <ul style="list-style-type: none"> • Generally positive thoughts about myself as a person • Notice both disappointments and good things in my life 	<p>I think... </p> <p>Example:</p> <ul style="list-style-type: none"> • Think negative thoughts about myself, my life, the world, the future • Blame myself for everything 	<div data-bbox="1230 604 1382 768" data-label="Image"> </div> <p>Example:</p> <ul style="list-style-type: none"> • Deep breathing • Listening to music • Writing in a journal • Going for a walk • Talking to a friend <p data-bbox="1130 1675 1479 1856">If your go-to strategies are not meeting your needs, speak to a trusted adult to see if getting help might be a good idea. You can also speak to a counsellor at Kids Help Phone by calling 1-800-668-6868 or texting "CONNECT" to 686868.</p>
<p>I feel... </p> <p>Example:</p> <ul style="list-style-type: none"> • Generally happy and content • Look forward to things in my life • Have energy to do what I need to do in my day 	<p>I feel... </p> <p>Example:</p> <ul style="list-style-type: none"> • Nothing seems fun • Very unhappy, worried, guilty, fearful, irritable, sad, numb, or angry • Headaches, stomach aches, general aches and pains 	
<p>I act...  </p> <p>Example:</p> <ul style="list-style-type: none"> • Talk to and spend time with my friends • Can manage my schoolwork • Can handle everyday challenges 	<p>I act...  </p> <p>Example:</p> <ul style="list-style-type: none"> • Avoid school, people, and activities I usually enjoy • Sleeping and eating habits are off • Don't do as well at school as usual 	

