

Self-Esteem Brainstorm

1. Self-esteem is built by feeling a sense of competence, control, and community.
List some activities that you can participate in that could help you build up your self-esteem.

Example: Dennis started baking.

2. Reflect on the different self-esteem building activities you have listed above.
Categorize each of them according to the 3 Cs (Community, Control, and Competency).

Note that some activities may fall under more than one C.

Example: Dennis felt that baking banana bread helped him meet all three Cs because he could share his baking with others (**Community**), choose how many chocolate chips he put in the recipe (**Control**), and he felt good about how the bread tasted (**Competency**)!

	Activities
Community You are able to share your activity with those close to you, during or afterwards.	E.g. a group chat
Control You have decision-making power when doing the activity.	E.g. cleaning
Competency You feel good about your skills and abilities when doing the activity.	E.g. video games, baking

3. a) Beside which of the 3 C's do you have the **most** activities listed? Which has the **least**?

b) When it comes to your mental health, why do you think it would be **beneficial** to have activities in *more than one* of the 3 C categories?

c) What could be a potential **downfall** of having activities in only *one* category?

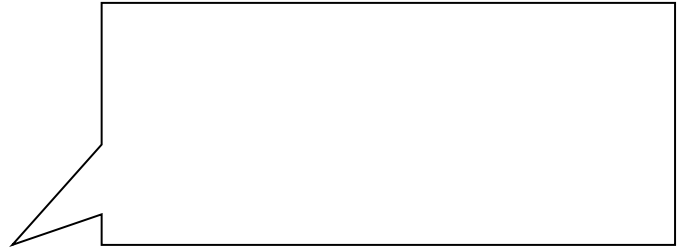
Being There for Others

Pick one person in your life that you'd like to support if you suspected they were struggling with their mental health. In the spaces provided, write down what you would say or do to.)

Be There Golden Rules

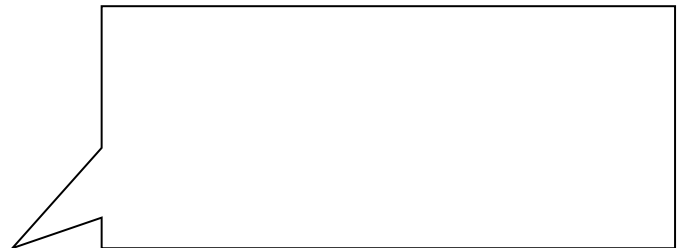
1 Say What You See

Speak to the facts without making assumptions.



2 Show you care

Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.



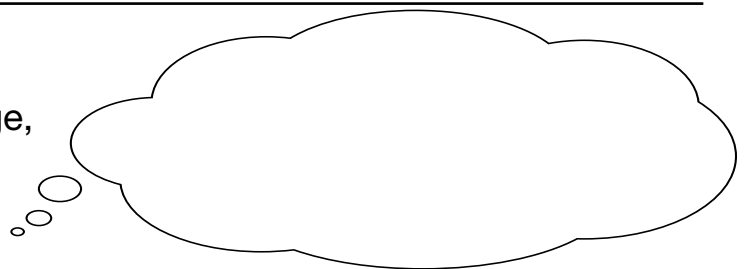
3 Hear them out

Open up space for them to speak. Remember to ask further questions and validate their thoughts and feelings



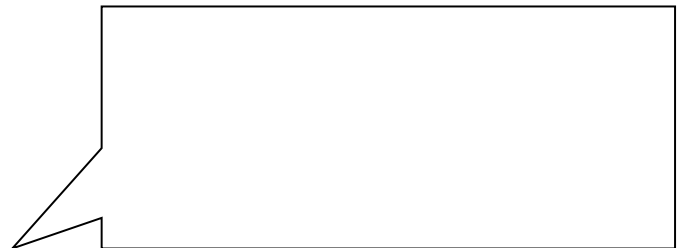
4 Know your role

You're there to support them; not judge, be their therapist, or give unwanted advice.



5 Connect them to help

Suggest they reach out to community supports or offer to go with them.



Finding Resources

1. Who could you talk to if you are struggling with your mental health? Write down their name(s).

_____	_____	Trusted adult/friend
_____	_____	Counselling centre
_____	_____	Family doctor
_____	_____	Elder or community leader
_____	_____	Anonymous helpline

2. **Where** in your community could you go for **professional** mental health support? Find at least **one resource in your community** and add it to the list above.

For ideas, you can visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca) and select **Resources Around Me**.

Whenever you need to talk, we're open.

Youth Text. TALK to 686868	Call. 1 800 668 6868
Adults Text. WELLNESS to 741741	Chat. KidsHelpPhone.ca

KHP KIDS HELP PHONE

Post Talk Handout

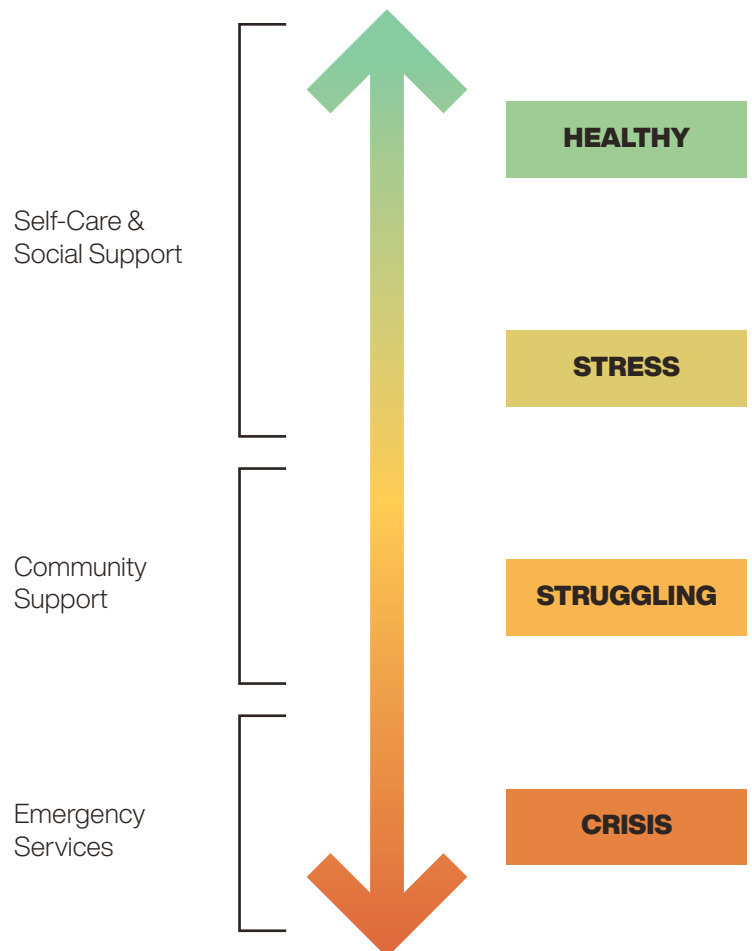
Thanks for attending this Jack Talk! Here are some questions for you to reflect on individually.

1. Mental health exists on a spectrum.

Mental health refers to our thoughts, feelings, and behaviours. How we're feeling can fluctuate up and down as we go through our lives.

Where is your mental health at today? Mark it with an X.

Where do you tend to be on this spectrum? Circle it.





2. Several factors can impact our mental health:

a) Think about factors in each area that influence your own mental health. List them in the space provided.

b) How does each factor impact you?

c) Which of the factors can you change?

3. Being there for others

Check in with yourself

How are you practicing self compassion?	What does feeling unwell look like for you?