

# Handout 1

## Your mental health is just as important as anyone else's

Often, we become hyper-aware of signs that a loved one is stressed, but do you also pick up on **your own** tell-tale signs?

### Signs You're Stressed:

It's \_\_\_\_\_ to be stressed.

Setting clear boundaries may help avoid excessive stress, but it's vital to \_\_\_\_\_ once in a while and **carve out some time to unwind**.

### Take care of your mental health.

It's important to take care of your mental health just like you do your physical health, but being there for yourself is about more than stereotypical self-care activities.

Maintaining your own mental health looks different for everyone, and it usually isn't a shopping spree or an Instagram-worthy cupcake.

It's about \_\_\_\_\_ when you're **stressed or struggling**,  
\_\_\_\_\_ **what you need to be healthy**,  
and \_\_\_\_\_ to do it.

It's easy to get caught up in someone else's needs and focus your time and energy on being there for them when you're supporting their mental health.

Sometimes we can forget that **our own mental health is just as important.**

None of us ever have perfect mental health. It is, however, important to \_\_\_\_\_ to **how you're doing** and **take the time to care for your own mental health.**

## Three Things to Remember:

### 1. Check in with yourself

Ask yourself:

- a. What are signs (thoughts, feelings, behaviours) of poor mental health for me?
- b. What are a few things I like to do that recharge my batteries?
- c. Who can I talk to if I'm struggling?

### 2. Show yourself some love

Make time to do the things that make you happy. For example:

- a. Relax: Read a book, listen to music, stargaze, watch a movie, take a nap.
- b. Be active: Walk, skate, bike, board, play sports, get outside.
- c. Connect to: land, family, friends.
- d. Get creative: Sketch, write poetry, paint, play music.

### 3. Reach out for help

- a. If you notice that you're really struggling with your mental health - if your struggles become intense, long-lasting, and are having a big impact on your life - reach out for help.
- b. Even just talking to someone can help. Remember, no problem is too small!  
You could reach out to a **friend** or **family member**, a **trusted teacher**, **coach**, **elder** or maybe you'd rather talk to a professional (like your **doctor**) or someone anonymously through hotlines, like **Kids Help Phone**.

**The main thing is that you're not alone; there is help out there.**