

Opening Minds Self-Care and Resilience Guide



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA

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Mental Health Continuum Model

	HEALTHY	REACTING	INJURED	ILL
Changes in Mood	<ul style="list-style-type: none"> • Normal mood fluctuations • Calm • Confident 	<ul style="list-style-type: none"> • Irritable • Impatient • Nervous • Sadness 	<ul style="list-style-type: none"> • Angry • Anxious • Pervasive sadness 	<ul style="list-style-type: none"> • Easily enraged • Excessive anxiety/panic • Depressed mood, numb
Changes in Thinking and Attitude	<ul style="list-style-type: none"> • Good sense of humor • Takes things in stride • Ability to concentrate and focus on tasks 	<ul style="list-style-type: none"> • Displaced sarcasm • Intrusive thoughts • Sometimes distracted or lost focus on tasks 	<ul style="list-style-type: none"> • Negative attitude • Recurrent intrusive thoughts/images • Constantly distracted or cannot focus on tasks 	<ul style="list-style-type: none"> • Noncompliant • Suicidal thoughts/intent • Inability to concentrate, loss of memory or cognitive abilities
Changes in Behaviour and Performance	<ul style="list-style-type: none"> • Physically and socially active • Performing well 	<ul style="list-style-type: none"> • Decreased social activity • Procrastination 	<ul style="list-style-type: none"> • Avoidance • Skipping class • Decreased performance, lower grades 	<ul style="list-style-type: none"> • Withdrawal • Dropping out of classes • Cannot perform assignments
Physical Changes	<ul style="list-style-type: none"> • Normal sleep patterns • Good appetite • Feeling energetic • Maintaining a stable weight • Good personal hygiene 	<ul style="list-style-type: none"> • Trouble sleeping • Changes in eating patterns • Some lack of energy • Some weight gain or loss • Less attention to hygiene 	<ul style="list-style-type: none"> • Restless sleep • Loss/increase of appetite • Some tiredness or fatigue • Fluctuations or changes in weight • Poor hygiene most of the time 	<ul style="list-style-type: none"> • Cannot fall/stay asleep • No appetite/over eating • Constant and prolonged fatigue or exhaustion • Extreme weight gain or loss • Consistently poor hygiene
Changes in SUBSTANCE USE	<ul style="list-style-type: none"> • Limited alcohol consumption, no binge drinking • Limited/no addictive behaviours • No trouble/impact (social, economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent alcohol use, binge drinking • Some regular to addictive behaviours • Limited to some trouble/impact (social, economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent alcohol use, including binge drinking • Struggle to control addictive behaviours • Increasing trouble/impact (social, economic, legal, financial) due to substance use 	<ul style="list-style-type: none"> • Regular to frequent binge drinking • Addiction • Significant trouble/impact (social, economic, legal, financial) due to substance use

Self-Care and Resilience

When life gets busy and our sense of well-being and balance is affected, we often forget to take care of ourselves or we look for quick fixes or solutions to problems. Building self-care into your daily or weekly routine can greatly improve resilience and prevent burnout.

Create a self-care and resilience plan: Use this worksheet to map out how and when to use these self-care practices and resilience building strategies. Identify what you need support with and find people and resources that can support you. Take time to discover these supports now so they will be easier to access when you actually need them.

Put a checkmark next to the items that you think might be helpful and that you are willing to try. Pick some key ones for you – many strategies may look interesting but focus on those you feel you will have time to work on and incorporate them into your daily or weekly routines:

- Write in a journal
- Volunteer for a cause meaningful to you
- Make a gratitude list
- Take a fresh air break
- Meditate or listen to guided visualization
- Cuddle with pets
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Photography
- Read a good book
- Write a blog
- Spend time outdoors, if possible
- Go for a drive
- Exercise
- Join an online social club
- Nutrition – increase healthy food choices
- Turn off electronic devices
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Join an online support group
- Have a virtual game night with friends
- Work in the garden
- Get creative: draw, paint, write a song, or cook a new meal
- Try a new hobby
- Have an adventure day
- Creative arts
- Spend time with your children – read to them, listen to their laughter, play with them, etc.
- Create a poster with images of a positive vision
- Listen to enjoyable podcasts or videos

Source: Adapted from Self-care starter kit, Homewood Health

Next Step: On the next page, list your top 3 items and plan when, how and who can support you.

My Self-Care and Resilience Plan

My top 3 Self-Care Strategies or Resources	When will you do this? How? Who or What can support you?
1.	
2.	
3.	

Make a commitment to yourself to practice your self-care routine as often as you can.

Mental Health Resources

National, Provincial and Territorial Crisis lines:

National Crisis Hotlines

[Kids Help Phone](#)

1-800-668-6868

[Crisis Services Canada](#)

1-833-456-4566 or text 45645

[First Nations and Inuit Hope for
Wellness Help Line](#)

1-855-242-3310

[Canada Drug Rehab Addiction
Services Directory](#)

1-877-746-1963

[National Eating Disorder
Information Centre](#)

1-866-633-4220

National Resources for Information about Mental Illness

[Bell Let's Talk](#)

[Canadian Association for Suicide
Prevention](#) (not a crisis line)

613-702-4446

[Canadian Mental Health
Association](#)

416-646-5557

[Canadian Psychological
Association](#)

1-888-472-0657

[Mood Disorders Society of Canada](#)

613-921-5565

[Schizophrenia Society of Canada](#)

1-800-263-5545

[Mental Health Commission](#)

613-683-3755

British Columbia Crisis Hotlines

[Crisis Centre](#)

1-800-784-2433

No area code needed: 310-6789

British Columbia Resources

[Canadian Mental Health](#)

[Association - British Columbia](#)

[Division](#)

1-800-555-8222

[HeretoHelp](#)

1-800-661-2121

[Youth in B.C. online chat](#)

Greater Vancouver: 604-872-3311

Howe Sunshine & Sunshine Coast:

1-866-661-3311

[Aboriginal Wellness Program](#)

(604) 736-2033 or 1-866-884-0888

[B.C. Psychological Association -](#)

[Find a Psychologist](#)

1-800-730-0522

[B.C. Problem Gambling Help Line](#)

1-888-795-6111

Alberta Crisis Hotlines

[Distress Centre](#)

403-266-4357

Alberta Resources

[Canadian Mental Health](#)

[Association - Alberta Division](#)

780-482-6576

[Suicide Information and Education Services](#)

403-342-4966

[Psychologists Association of Alberta - Find a Psychologist](#)

1-888-424-0297

Saskatchewan Crisis Hotlines

[Saskatoon Crisis Intervention Service](#)

306-933-6200

[Mobile Crisis Services](#)

306-757-0127

Saskatchewan Resources

[Canadian Mental Health](#)

[Association - Saskatchewan Division](#)

1-800-461-5483

[Psychology Association of Saskatchewan - Find a Psychologist](#)

Manitoba Crisis Hotlines

[Manitoba Suicide Prevention Line](#)

["Reason to Live"](#)

1-877-435-7170

[Klinic Crisis Line](#)

1-888-322-3019

[Manitoba Sexual Assault Crisis Line](#)

1-888-292-7565

Manitoba Resources

[Canadian Mental Health](#)

[Association - Manitoba Division](#)

204-982-6100

[Klinic Community Health](#)

204-784-4090

[Mental Health Education Resource](#)

[Centre of Manitoba](#)

1-855-942-6568

[Manitoba Psychological Society -](#)

[Find a Psychologist](#)

204-488-7398

Yukon Crisis Hotlines

[Yukon Crisis Line](#)

403-668-9111

Yukon Resources

[Yukon Health and Social Services](#)

1-866-456-3838

[Mood Disorders Society of Canada](#)

[- Yukon Division](#)

1-867-667-8346

[Canadian Mental Health](#)

[Association - Yukon](#)

1-867-668-6429

Northwest Territories Crisis Hotlines

[Northwest Territories Help Line](#)

1-800-661-0844

Northwest Territories Resources

[Department of Health and Social Services](#)

1-867-767-9061

Nunavut Crisis Hotlines

[Nunavut Kamatsiaqtut Help Line](#)

1-800-265-3333

Ontario Crisis Hotlines

[Ontario Mental Health Helpline](#)

1-866-531-2600

[Good2Talk](#)
1-866-925-5454

[Gerstein Crisis Centre](#)
416-929-5200

[Mental Health Crisis Line](#)
In Ottawa: 613-722-6914
In the larger Ottawa area: 1-866-996-0991

[ONTX Ontario Online & Text Crisis Service](#)
Text 258258

[District and Crisis Ontario Helplines](#)
416-486-2242

[Connex Ontario](#)
1-866-531-2600

Ontario Resources
[Ontario Psychological Association - Find a Psychologist](#)
416-961-5552

[Canadian Mental Health Association - Ontario Division](#)
1-800-875-6213

[Reconnect](#)
416-248-2050

[Ontario Victim Support Line](#)
1-888-579-2888

[Ontario 211](#)
1-877-330-3213

[Drug and Alcohol Helpline](#)
1-800-565-8603

[Toronto Distress Centre](#)
416-408-4357

[Toronto Rape Crisis Centre](#)
416-597-8808

Quebec Crisis Hotlines
[Centre de Prevention du Suicide de Quebec](#)
1-866-277-3553

Quebec Resources
[Action on Mental Illness](#)
1-877-303-0264

[Centre de Prevention du Suicide du Haut-Richelieu](#)
450-348-6300

[Movement Santé Mentale Quebec](#)

514-849-3291

**Newfoundland and Labrador
Crisis Hotlines**

[Mental Health Crisis Line](#)

1-888-737-4668

**Newfoundland and Labrador
Resources**

[Canadian Mental Health
Association - Newfoundland and
Labrador Division](#)

1-877-753-8550

[Mental Health and Addictions](#)

[Services triage line](#)

1-844-353-3330

[Association of Psychology in
Newfoundland and Labrador - Find
a Psychologist](#)

709-739-5405

New Brunswick Crisis Hotlines

[Chimo Helpline](#)

1-800-667-5005

New Brunswick Resources

[Canadian Mental Health Association -
New Brunswick Division](#)

506-455-5231

[College of Psychologists of N.B. -](#)

[Find a Psychologist](#)

506-382-1994

**Prince Edward Island Crisis
Hotlines**

[The Island Helpline](#)

1-800-218-2885

Prince Edward Island Resources

[Canadian Mental Health
Association - Prince Edward Island
Division](#)

902-566-3034

[Psychological Association of Prince
Edward Island - Find a Psychologist](#)

Nova Scotia Crisis Hotlines

[Mental Health Mobile Crisis Line](#)

1-888-429-8167

Nova Scotia Resources

[Canadian Mental Health
Association - Nova Scotia Division](#)

902-466-6600

[Association of Psychologists of
Nova Scotia - Find a Psychologist](#)

902-422-9183