

# Maintaining Mental Wellness for Youth

There is a lot of pressure on youth today with how fast the world is changing, current events and the pressure that can come with balancing work, school, and other important commitments. It's essential to maintain balance and take care of yourself.

## Things that require your attention and prioritization that may cause stress:

- Work (shifts, work duties, responsibilities)
- School (homework, tests, projects, clubs)
- Activities (hobbies, interests)
- Family (home responsibilities, spending time together)
- Friends staying connected, spending time together)
- Sports (practices, games, skills development)

## Poor mental health can have negative impacts on you and your life:

### Common effects are:

- Fatigue
- Illness
- Poor eating habits
- Stress
- Depression
- Anxiety



## Positive mental health can look like:

- Restful sleep and having more energy
- Motivation and feeling in control of decisions and aspects of your life
- Ability to focus and handle challenges and stressful situations
- Generally positive attitude on life
- Active self-care (hygiene, diet exercise)
- Socially active and feeling engaged and belonging in your community

## Things you can do to prevent adverse effects on your mental health or start to heal when you are beginning to feel negative impacts are:

- Balance your work and your play (A good beginning will be to set short-term objectives and to have a schedule every week).
- Be kind to yourself challenge negative thoughts, recognize your efforts, and make time for yourself.
- Practice meditation and other relaxation techniques
- Take time every day for exercise (do something you like (like dance around to your favourite songs), walk your dog, use the stairs instead of the elevator, go for a walk/run/bike ride, join a sport, try new activities, reduce screen time.
- Make healthy food choices and drink plenty of water
- Getting enough sleep (keep a cool and dark room, have a light and healthy snack, have a glass of water, limit screen time near bedtime, have a consistent bed time and wake up time, do exercise throughout the day, do relaxing activities before bed)
- Spend time with friends have a regular day and time for friends, ask friends to make plans, include friends in other activities, use technology
- Ask for help when you need it accept that it's okay to need help/support, choose who to ask and when, let others help, research resources or services that could help



## 5 Effective Things You Can do When Feeling Overwhelmed:

- Go for a walk or run
- Call a friend or family member
- Take a bath or shower
- Deep breathing (try these [techniques](#))
- Colouring apps or sheets can help or a book

## 6 Tips for Managing School and Job Workloads

1. Assess your work hours regularly (decreasing them as needed)
2. Manage your time well (prioritizing balance between work/school and fun)
3. Take breaks (if possible when doing tasks that take an hour or more try to take a 5-10 minute break).
4. Be patient with yourself (let go of imposter syndrome - feeling like you should be further ahead than you are because you see others doing it)
5. Create prioritization habits (make changes to behaviours from triggers for positive behaviour changes)
6. Remember, your goal is your future!

## Who Can Help

If you are noticing you feel unwell emotionally or mentally, reach out to your educators, counsellors, friends, family or these organizations can help you:

### If you or someone you know is in crisis

If you're in immediate danger or need urgent medical support, call 911.

If you or someone you know is thinking about suicide, call [Talk Suicide Canada](#) at 1-833-456-4566.

Support is available 24/7.

Visit Talk Suicide Canada for the [distress centres](#) and crisis organizations nearest you.

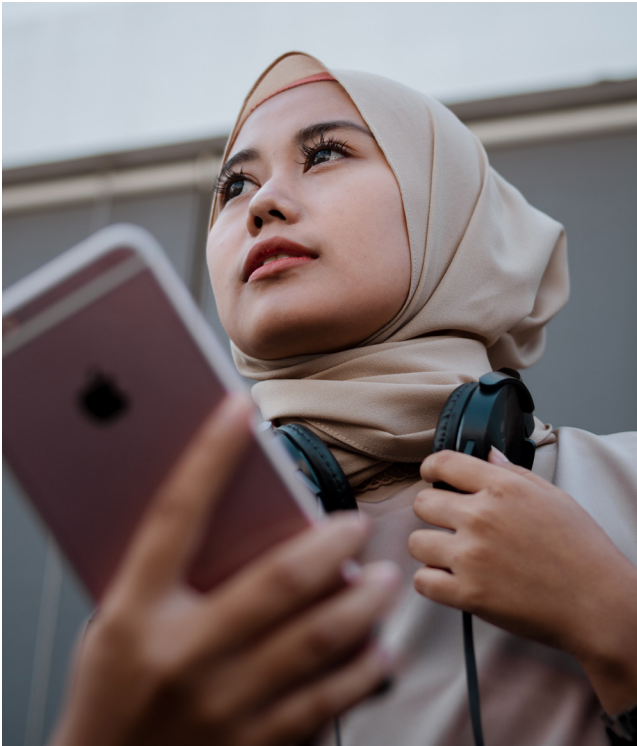
If you're experiencing gender-based violence, you can [access a crisis line](#) in your province or territory.

### Kids Help Phone

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.

Available 24 hours a day, 7 days a week to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.

Visit the [Kids Help Phone website](#) for online chat support or to access online resources for children and youth.



## Wellness Together Canada

To connect with a mental health professional one-on-one:

- call 1-888-668-6810 or text WELLNESS to 686868 for **youth**
- call 1-866-585-0445 or text WELLNESS to 741741 for **adults**

You can also visit [Wellness Together Canada](https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html) to access different levels of support, including one-on-one counselling, credible articles and information, self-guided courses and programs, and peer support and coaching

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