

## HOW ANXIOUS ARE YOU TODAY?

@introvertdoodles



going good

2



okay, I guess

3



a little tense



kinda messing

5



totally overwhelmed

6



freaking out



can't function

8



complete meltdown

9



I'm literally dead



# ANXIETY AND DEPRESSION

## THINGS TO DO WHEN YOUR FEELING BLUE!

- Create!! Draw, Paint, or Journal together
- Talk about emotions openly and help label them - use resources like a Feelings Wheel or the How Are You Feeling Today Emoji Chart as supports.
- Write a story - each of you can contribute to an on-going story together by passing a notebook back and forth
- Do a new physical activity together!
- Work together to plan and/or make some healthy meals or snacks - we often feel better when we are nourishing ourselves!
- Be in nature
- Make a worry stone or a gratitude jar
- Do calming activities, such as using a stress ball, finding a short yoga video or doing 4-square breathing (breath in for 4 counts (one side of the square) and out 4 counts (another side of the square) as you go around a square in your head) together. Blowing on a hot chocolate or warm cookie are also good breathing exercises.
- Drawing faces or playing "mirror" -role model a feeling or mood and invite your youth to imitate or role-play/skit of a scenario (can use emojis to try to mimic too!)
- Glows and Grows - share one good thing or positive event from their day/week and one challenge they've faced or are working to overcome
- For more activities or options contact your Mentoring or Program Coordinator!

## YOUTUBE VIDEOS

Conquering depression: how I become my own hero - Hunter Kent - TEDxYouth [ <https://www.youtube.com/watch?v=Rv9SwZWVkoOs> ]

How We Cope with Anxiety & Stress - MTV TeenCode [ <https://www.youtube.com/watch?v=OqnYXCLk5bQ> ]

High Schoolers Talk About Anxiety and Stress [ <https://www.youtube.com/watch?v=WIq-78ceWmc> ]

People with Anxiety and Depression Share Advice - SoulPancake [ <https://www.youtube.com/watch?v=Nhf56w1AmPw> ]

## Fight, flight, freeze, fawn Information

<https://www.mindbodygreen.com/articles/the-fight-flight-freeze-fawn-trauma-responses>

<https://www.psychologytoday.com/ca/blog/addiction-and-recovery/202008/understanding-fight-flight-freeze-and-the-fawn-response>



# HOW DO YOU FEEL TODAY?

## FREE APPS



Calm



Happify



Calm Harm



What's Up



MindShift



## RESOURCES

Counselling Connect Saskatchewan: Online  
Counselling Booking  
(<https://www.counsellingconnectsask.ca/>)

Kids Help Phone: <https://kidshelpphone.ca/> |  
Text 686868

Youth Space: Text 1-788-783-0177

First Nations and Inuit Hope for Wellness: 1-  
855-242-3310 | Chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

Metis Nation Saskatchewan | Mental Health  
and Addiction Support | 1-877-767-7572

LGBTQ2+ Youth Line | Text 1-647-694-4275 | 1-  
800-268-9688

## ONLINE RESOURCES

[HTTPS://KIDSEALTH.ORG/EN/TEENS/  
ANXIETY.HTML](https://kidshealth.org/en/teens/anxiety.html)

[HTTPS://WWW.STRONGMINDSSTRONG  
KIDS.ORG/](https://www.strongmindsstrongkids.org/)

[HTTPS://INTROVERTDOODLES.COM/TA  
G/CHARTS-GRAPHS/ |](https://introvertdoodles.com/tag/charts-graphs/)

[HTTPS://WWW.FACEBOOK.COM/INTRO  
VERTDOODLES](https://www.facebook.com/introvertdoodles)