



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA

THE INQUIRING MIND™ YOUTH

Mental health
continuum tool &
coping strategies

Quick
reference
guide



Main Coping Strategies

1. Deep Breathing:

- When feeling stressed take calm, deep breaths

2. Self-talk in the Moment:

- Realistic
- Helpful
- Productive

3. Mental Rehearsal:

Mentally prepare for “what-ifs.”

4. SMART Goal Setting:

Set goals that are Specific, Measurable, Attainable, Relevant and Time-bound

RESOURCES

Kids Help Phone

•1-800-668-6868 •Text: 686868

List Your Resources

HEALTHY	REACTING	INJURED	ILL
Healthy mood changes	Irritable/impatient	Frequent feelings of sadness and/or anger	Feelings of depression, numbness, apathy
Healthy sleeping patterns	Trouble sleeping/ trouble waking up	Struggling to sleep/wake up	Unable to fall/stay asleep
Energetic	Occasional lack of energy	Tired a lot	Always exhausted
Can concentrate and focus on tasks	Not always in control of thoughts	Focus on negative thoughts	Obsessive focus on negative thoughts
Enjoy activities	Spending less time doing the things you enjoy	Avoiding people and things you care about	Isolate or withdraw from activities and socializing
Responsible engagement (social media, gaming, shopping)	Increased engagement	Struggle to control engagement	Unable to control engagement
ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM			
All good. Continue to practice self-care.	Check in... be aware.	Definitely talk to an adult about what's going on.	Get help NOW. This is serious.

