



MENTAL HEALTH

ONE SIZE DOES NOT FIT ALL

Possible **SIGNS & SYMPTOMS**...

- Inability to cope with daily problems and activities
- Intense fear of gaining weight
- Long-lasting negative mood and poor appetite
- Feelings of loneliness and thoughts of suicide
- Frequent outbursts of anger
- May have confused thinking
- Experiencing extremely high and low moods
- Excessive fear, anxiety or worry
- Denial of obvious problems
- Many unexplained physical problems
- Abuse of drugs and/or alcohol
- Self-harm
- Hyperactivity
- Sleep – too much or not enough

SPEAK INSPIRE CHANGE

IDEAS FOR COPING



- **TALK** to people you trust, who are approachable and you feel are safe
- **BE GENTLE** with yourself – changes don't happen overnight
- A **LIST OF GRATITUDES** is a great way to see what we have when we feel as if we have nothing
- **IT'S OK** to ask for help - it takes a strong person to reach out
- **ACTIVITIES** - journal, music (peaceful), poetry, exercise, art, meditate (or have some quiet time)
- **mindfulness** (bring yourself into the moment)
- Having **BALANCE** in all coping strategies
- Positive **RISK-TAKING**

Live with acceptance!

Created with youth for youth @ YouthSpeak Performance Charity.

An organization that provides assemblies and other in-school programs for students. Youth speakers share their personal stories about bullying, mental health and addiction

www.youthspeak.ca

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