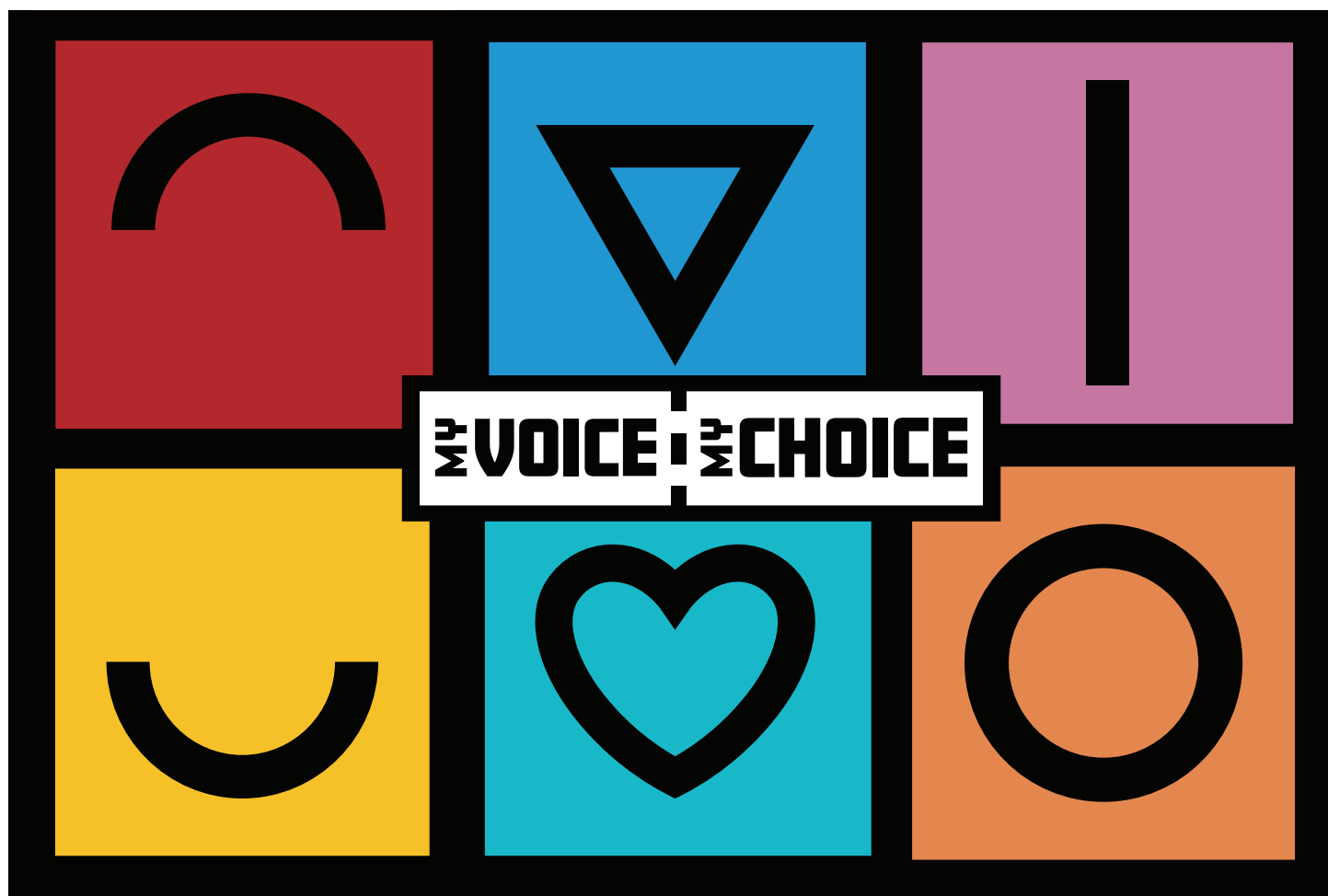


PARTICIPANT'S GUIDE

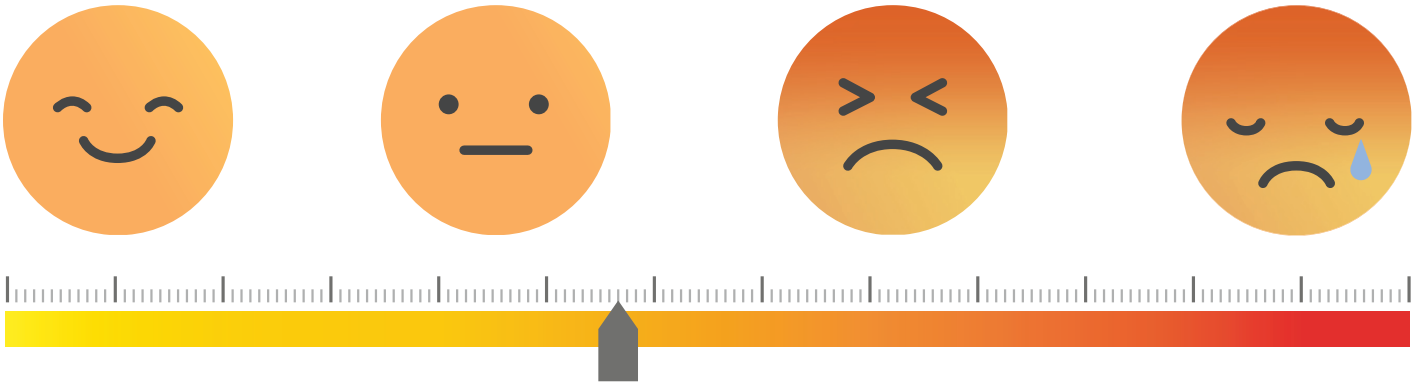


HEALTHY COPING

WHAT'S IN IT FOR ME?

THE SUBSCRIPTION BOX

This guide contains information on healthy ways of coping when you're having a hard time. There is also a list of websites you can check out in order to access more good stuff. If you or someone you know needs some support coping with tough times, it may be helpful to talk to a counsellor or a trusted friend or adult.



Stress - Let's Talk About It

Stress is a natural part of being human. There are lots of things in our life that can make us feel stressed like school work, trouble at home, or fights with friends. Everyone deals differently. What upsets you may not be a big deal to someone else and there may be times when you don't understand why someone else seems to be having a hard time. Some days we can handle a lot, and other days the slightest thing might set us off.

Sometimes stress can be good because it can help challenge us to do some pretty cool things and it can even help protect us if we are in a scary situation. Sometimes, stress just sucks!

How can stress make you feel?

Stress can do all kinds of things to our body and brain. It can make us sad and cranky, it can make us feel sick, and it can change how we sleep, eat, and learn. If we don't have healthy ways to cope, we can end up feeling pretty crappy. Here are some things you might notice when you are having a hard time coping.

- CLENCHING JAW
- TROUBLE SLEEPING
- DIFFICULTY CONCENTRATING
- CHEST PAIN
- HOLDING BREATH
- BELLY ACHE
- CHANGES IN EATING
- MUSCLE ACHES
- HEADACHES
- MOOD SWINGS



Coping with Life

We know life can be hard to deal with at times. If you understand what life stress is and how it makes your mind and body feel, you will have an easier time coming up with ideas to cope.

COPING THAT CAN CAUSE PROBLEMS:

- Excess screen time
- Over or under eating
- Alcohol and other drug use
- Fighting with others
- Trying to handle everything by yourself
- Self-harm
- Shutting good people out of your life

Can you think of other ways people cope that can cause problems?

There are different healthy ways to cope. Ask yourself the following questions to think about how you deal with life:

What healthy activities have I enjoyed doing? (Reading, creating art, sports, being on the land, cooking, etc.)

Are there any healthy activities I want to try out?

Who are safe people I can go to if I need help?

What healthy coping have I used in the past to help me?

5-4-3-2-1 Grounding

Here's a grounding exercise you can do anywhere and anytime when you need to help yourself calm down.



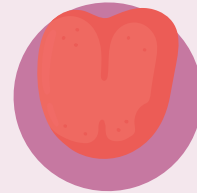
What are five things you can see?



What are three things you can hear?



What are two things you can smell?



What is one thing you can taste?



What are four things you feel?

Getting Extra Help

Sometimes getting help coping might include support from a professional or taking medication. We all need support in our lives and what works for one of us might not work for another! Here are some tips to think of when it comes to looking for professional help:

- You have the right to have good support.
- You deserve to be treated with kindness and respect at appointments.
- You are allowed to ask questions about your care.
- If you need to get to an appointment, make sure you have a way to get there.
- Sometimes getting to appointments can be frustrating. Try and be prepared to deal with things like waiting to see someone or having to make extra stops.

Sometimes it's a friend or family member who is having trouble with coping. Remember, it's not up to you to "fix" someone else's problems. If you think someone you care about is having a hard time, you can help by listening, not judging them, and referring to people and places where they can get support.



Extra Resources for You

For more information on healthy coping, check out some of these websites and community resources by searching for them online.

ARCTIC FOXY

This is an organization to support youth in NWT on sexual health and other important topics.

<https://arcticfoxy.com/>

BREATHINGROOM™

This is a multimedia experience designed for youth to help improve mental health. The app can be downloaded from Google Play or the App Store. Enter the code XXQTGPUE for full access.

<https://app.breathingroom.me/register?code=XXQTGPUE>

COMMUNITY COUNSELLING PROGRAM

Find your regional Community Counsellor contact information at the website below:

<https://www.hss.gov.nt.ca/en/contact/community-counsellor>

KIDS HELP PHONE

24 hour electronic mental health support for youth and young adults across Canada.

<https://kidshelpphone.ca/>

Call: 1-800-668-6868

Text: 686868

Live chat counselling:

<https://kidshelpphone.ca/live-chat-counselling>

NWT HELPLINE

Free and confidential support to residents of the Northwest Territories on concerns including stress management, abuse, mental health, suicidal thoughts.

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

Call: 1-800-661-0844

RAINBOW COALITION OF YELLOWKNIFE

Outreach organization based in Yellowknife that works to support 2SLGBTQIPA+ youth in the Northwest Territories.

<http://www.rainbowcoalitionyk.org/>

Call: 1-867-444-7295

Email: info@rainbowcoalitionyk.org

7 CUPS

7 Cups provides on demand emotional health support and online therapy services. People accessing this site can have 1-on-1 conversations, group chats, participate in forums, and read up on advice from experts.

<https://www.7cups.com/>

HOME BASE YELLOWKNIFE

<https://www.homebaseyk.com/>

Call: 1-867-766-4673



HEALTHY COPING



Extra Resources for You (continued)

TEEN TALK

This is a Manitoba-based site with information and activities on many topics including healthy coping.

<http://teentalk.ca/>

THE TREVOR PROJECT

The Trevor Project is resource hub for youth who are sex and gender diverse as well as those who support these young people.

<https://www.thetrevorproject.org/>

WELLNESS TOGETHER CANADA (GOVERNMENT OF CANADA)

This website has lots of free resources to support mental wellness. Users can get personal recommendations based on their needs and track their progress.

<https://wellnesstogether.ca/en-CA>

YWCA Northwest Territories

Community programs and crisis support for people of all ages.

<https://www.ywcanwt.ca/>

24 Hour Crisis Line: 1 (866) 223-7775

Email: giving@ywcanwt.ca

YOUTHSPACE

This website provides online crisis and emotional support for anyone under the age of 30. In addition to live support from trained volunteers, there are several online resources youth can access on a variety of topics.

<https://youthspace.ca/>

YOUTH WELLNESS QUEST (CENTRE FOR ADDICTION AND MENTAL HEALTH)

This interactive site assists youth in helping to understand what kinds of support that may need for coping and how to access them in their community.

<https://moodle8.camhx.ca/moodle/course/view.php?id=20>

NOTES:



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