

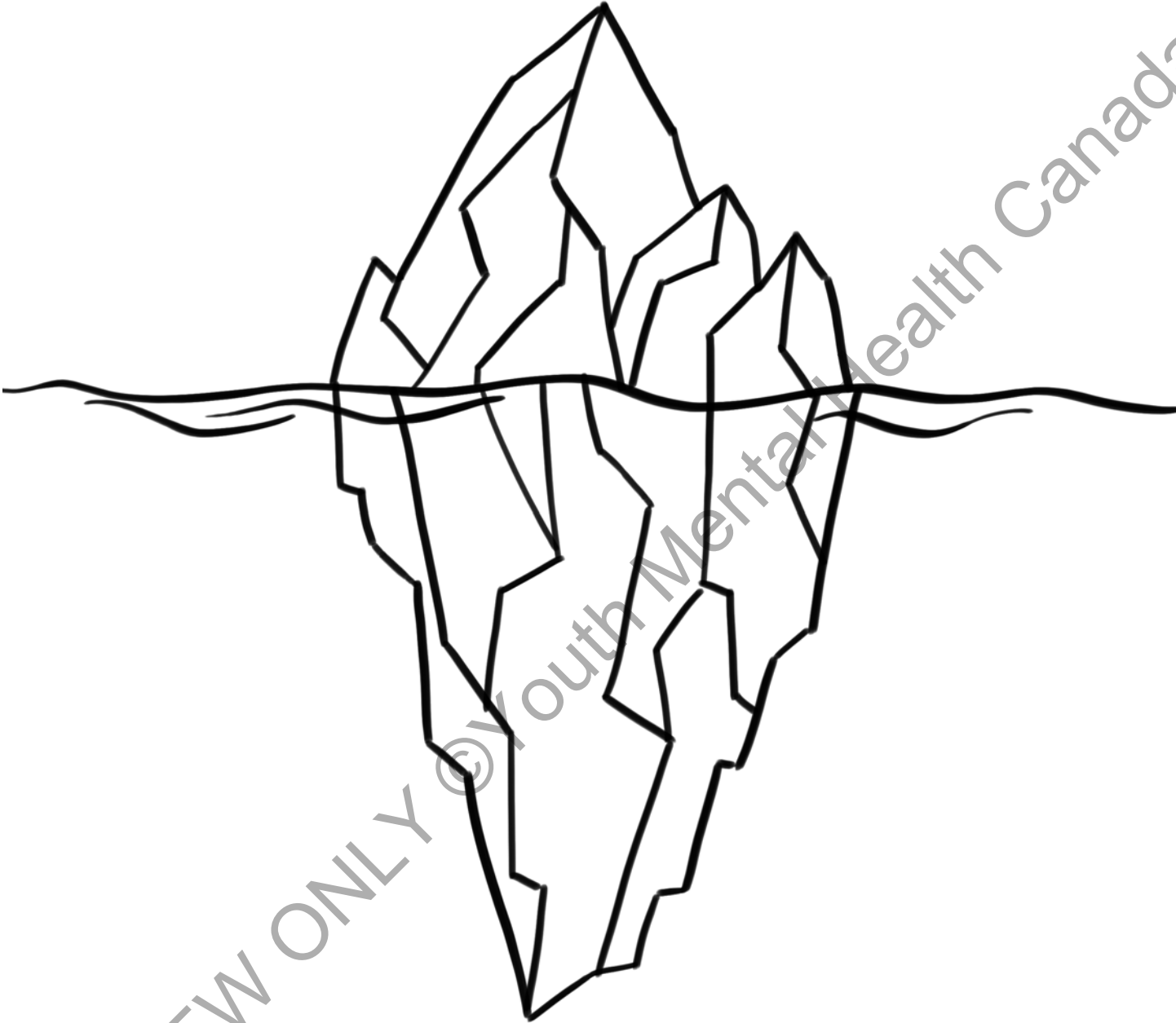
# Welcome!

THIS JOURNAL IS YOURS:

- TO USE
- TO VENT
- TO GET REAL
- TO GO BENEATH THE SURFACE

# SO, LET'S BEGIN!

# What Is Beneath The Surface When You Feel Sad?



# The STOPP Method of Problem-Solving

(Vvyan, 2015)

This method is a helpful way to deal with intense, difficult emotions. It incorporates elements of CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavior Therapy) and mindfulness meditation.



STOP!

## Stop!

- Pause for a moment



TAKE A BREATH

## Take a breath.

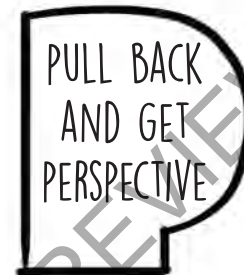
- Be aware of your breathing.



OBSERVE

## Observe.

- What are your thoughts now?
- What is the focus of your attention?
- What are you reacting to?
- Be aware of how your body is reacting.



PULL BACK AND GET PERSPECTIVE

## Pull back and get perspective.

- What is the big picture?
- What are the facts or opinions?
- How important is this?
- Will it be important in 6 months?



PRACTICE AND PROCEED

## Practice and proceed

- What is the best plan of action now?
- What is best for me?
- What is best for others?
- Does my plan fit with my values?
- Does my plan fit with what's important to me?

# How I Take Care Of Myself...

Self care is the intentional approach of taking care of yourself. Self care includes three aspects of health and wellness: mind, body, and soul.

**Name ten things you can start doing to take care of yourself.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



# My Self-Care Tool Kit

List things that you have that could be in your self-care tool kit. The suggestions are based on sensory aids.

Circle examples that you think would be helpful to you from this list. Add new ideas.

- Fidget toys
- Glitter jar
- Rubik's cube
- Kaleidoscope
- Playdough
- Eye mask
- Silly putty
- Bubble bath
- Stress balls
- Hot water bottle
- Bubble wrap
- Lego
- Essential oils
- Writing
- Music
- Candles
- Earplugs
- Ted talks
- Audio books
- Herbal tea
- Chewing gum
- Water
- Hard candies
- Lollipops
- Puzzles
- Coloring books
- Fiction
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
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# Have Fun

List ways that you can let go and have fun.

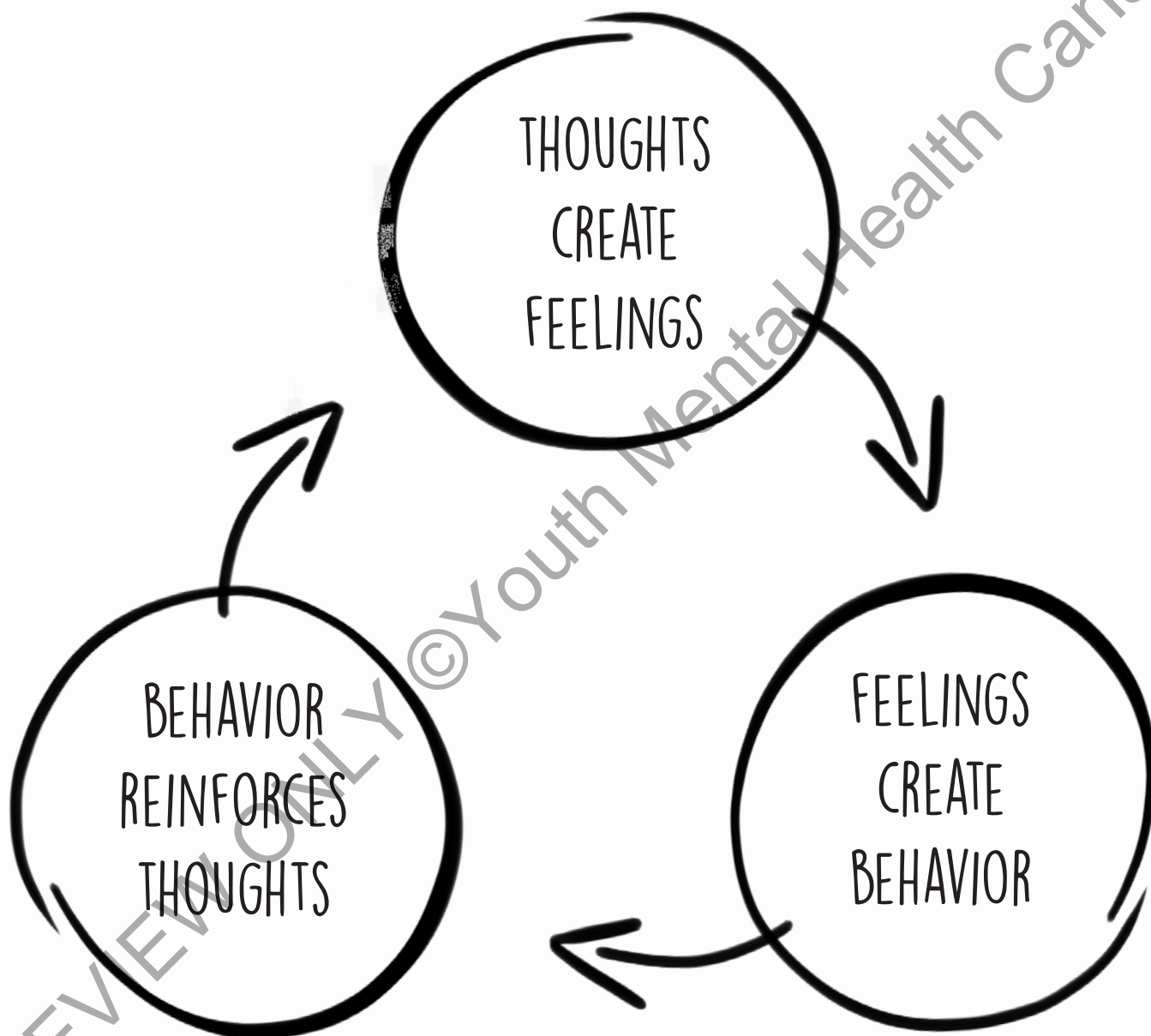
PERMISSION SLIP

\_\_\_\_\_ IS HEREBY GRANTED  
PERMISSION TO HAVE FUN!

\_\_\_\_\_ (DATE) \_\_\_\_\_ (SIGNATURE)

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# Cognitive-Behavioral Model



# Stress Balls

## Materials:

- Balloons
- Rice, cornstarch, baking soda or flour
- Scissors
- Funnel
- Permanent marker (for decorating the ball)

## Directions:

1. Stretch out your balloon
2. Choose your filling: rice, cornstarch, baking soda or flour or a combination of rice and flour/cornstarch/baking soda
3. Stick a funnel into the neck of the balloon.
4. Slowly fill the balloon
5. Remove the funnel from the balloon and let out as much air as you can. ...
6. Tie the neck of the balloon closed tightly.
7. Snip off the excess rubber





# Homemade Play Dough Recipe

## Materials:

- 1 cup of flour (whatever kind you have on hand)
- $\frac{1}{4}$  cup of salt
- $\frac{1}{2}$  cup of water
- 3 to 5 drops of natural food coloring

## Directions:

1. Mix together the flour and the salt.
2. Mix together  $\frac{1}{2}$  cup of warm water with a few drops of food coloring.
3. Slowly pour the water into the flour mixture, stirring as you pour. Stir until combined, then knead with your hands until the flour is completely absorbed. If the dough is too sticky, add more flour until it doesn't stick at all.



# 24/7 Help

Kids Help Phone

Whenever you  
need to talk,  
we're open.



Call 1-800-668-6868



Chat at [KidsHelpPhone.ca](https://www.kidshelpphone.ca)



Text 686868



Kids Help Phone 

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